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Tuesday

AP

The body of Annie Le was found on Sunday.

Yale Killing: Police suspect slain student was targeted | 3

Spraying Fear: Bacteria spread by showerheads | 5

Thin City: Locals can shape up fast with free D.C. classes | FIT

lookout

Painfully Funny: Craig Ferguson bares his soul in the new memoir 'American on Purpose.' Plus, moon art.

>> 29-39

JIM WATSON/AFP/GETTY IMAGES

MONEY MATTERS: A man holds a sign outside Federal Hall on Monday as President Obama spoke of the financial crisis a year after Lehman Brothers' collapse.

Obama Warns Wall Street

President: 'Reckless behavior' won't be bailed out again

NEW YORK | Lecturing Wall Street on its own turf, President Obama warned financial leaders not to use the recovering economy to race back into "reckless behavior" that could cause a new meltdown. He declared that a bailout-weary public will not break their fall again.

Obama insisted Monday that there is an urgent need for tighter financial regulation, and he cautioned his audience not to try to block it. He spoke on the first anniversary of the collapse of the Lehman Brothers investment bank, the largest bankruptcy in U.S. history and a stark reminder of the financial crisis that spread into a deep recession despite huge federal bailouts.

Obama

"It is neither right nor responsible after you've recovered with the help of your government to shirk your obligation to the goal of wider recovery, a more stable system and a more broadly shared prosperity," Obama said in a bid to boost his regulation proposals.

The president's speech reflected public sentiment that taxpayers were immeasurably harmed from last year's financial collapse — and that, barring change, it could happen again. As investment giants return to profit, millions are still coping with unemployment, home foreclosures and retirement portfolios that were washed away in the storm.

"We will not go back to the days of reckless behavior and unchecked excess that was at the heart of this crisis," Obama said.

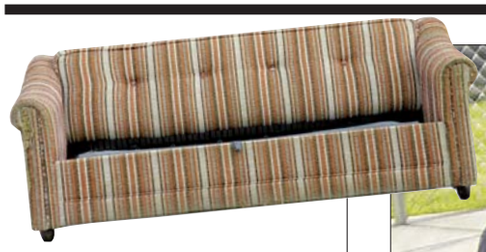
BEN FELLER (AP)

pollcenter DO YOU THINK JAY LENO'S NEW SHOW WILL DOMINATE THE 10 P.M. TIME SLOT? A YES B NO

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR 'YES' OR B FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 36

TUESDAY 88|67 WEDNESDAY 77|64

eyeopeners



DON'T SMILE

Animal Negligence Not Actually Funny

Employees at a Huron, Ohio, Goodwill heard meowing coming from a sofa donated on Thursday. Clerks removed the cushions and out popped the head of a gray and black striped kitten, through a slit in the fabric covering the springs. The donor called the store later to see whether a kitten she was missing was inside the couch. When she learned the cat had turned up, she told the shop to let a customer adopt it. (AP)

OUTCOMES

Apology Accepted, Apologizer Arrested

A New York man has been arrested on assault and weapons charges after police say he threatened a Lowell, Mass., gas station clerk with a knife, then returned later to apologize. Despite the apology, Juan Carrion was arrested Sunday on two counts of assault with a dangerous weapon and a violation of the city's dangerous-weapon ordinance. (AP)

LISA KUNKEL/INDEPENDENT RECORD/AP

LESSONS

The Bear Essentials

A 7-year-old learning how to swim is nothing new unless it's an 800-pound grizzly bear taking the plunge. Brutus the bear slapped the water a few times and then gingerly backed into the East Helena, Mont., pool while onlookers gawked late last week. Casey Anderson was teaching Brutus, who was born in captivity, how to swim and catch fish for a National Geographic special. (AP)

INTOXICATED

"We asked them to stop what they were doing and they didn't seem to want to, but they finally did."

— **BOB HARRISON**, A POLICE OFFICER IN ADELAIDE RIVER, AUSTRALIA, REGARDING A CALL ABOUT TWO PEOPLE HAVING SEX IN A CAR NEXT TO A GAS PUMP. THE DRIVER WAS DRUNK — AND THE CAR THEY WERE IN TURNED OUT TO BE STOLEN.

LITTER

Ashtrays Still in Cars for a Reason

After a summertime public service campaign about cigarette butts in Knox County, Tenn., there are more of them, not less. The group Keep Knoxville Beautiful launched the campaign after a canvass of 0.2 miles on Maynardville Highway on June 1 turned up 1,386 butts. Volunteers collected the spent cigarettes again on Aug. 31 and found 1,493 of them. The beautification group's executive director, Allison Teeters, said she hopes the increase was because of the summer tourist season. (AP)

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FBI: Violent Crime Rate Fell in 2008

Trends were moving in positive direction before recession hit

WASHINGTON | Murders and manslaughters dropped almost 4 percent last year, as reported crime overall fell across the country, according to data released Monday by the FBI.

3.9

The percentage decline in murders and manslaughters in the United States from 2007 to 2008.

The 3.9 percent decline in killings reported to police was part of a nationwide drop in violent crime of 1.9 percent from 2007 to 2008. Rapes declined 1.6 percent, to the lowest national number in 20 years — about 89,000.

The statistics are based on crimes reported to police. There were 14,180 murder victims in the United States last year.

Alfred Blumstein, a professor of criminal justice at Carnegie-Mellon University, said it is to early to tell whether the downward trend in crime rates will continue in 2009 despite the recession.

DEVLIN BARRETT (AP)

Police: Yale Slaying Not Random

Woman's body was found behind a wall in university building

NEW HAVEN, CONN. | Clues increasingly pointed to an inside job Monday in the slaying of a Yale graduate student whose body was found stuffed inside a wall five days after she vanished from a heavily secured lab accessible only to university employees.

Le

Police on Monday sought to calm fears on the Ivy League campus, saying the death of 24-year-old Annie Le was a targeted act. But they declined to name a suspect or say why anyone would want to kill the young woman just days before she was to be married.

"We're not believing it's a random act," said officer Joe Avery, a police spokesman. No one else is in danger, he said, though he would not provide details.

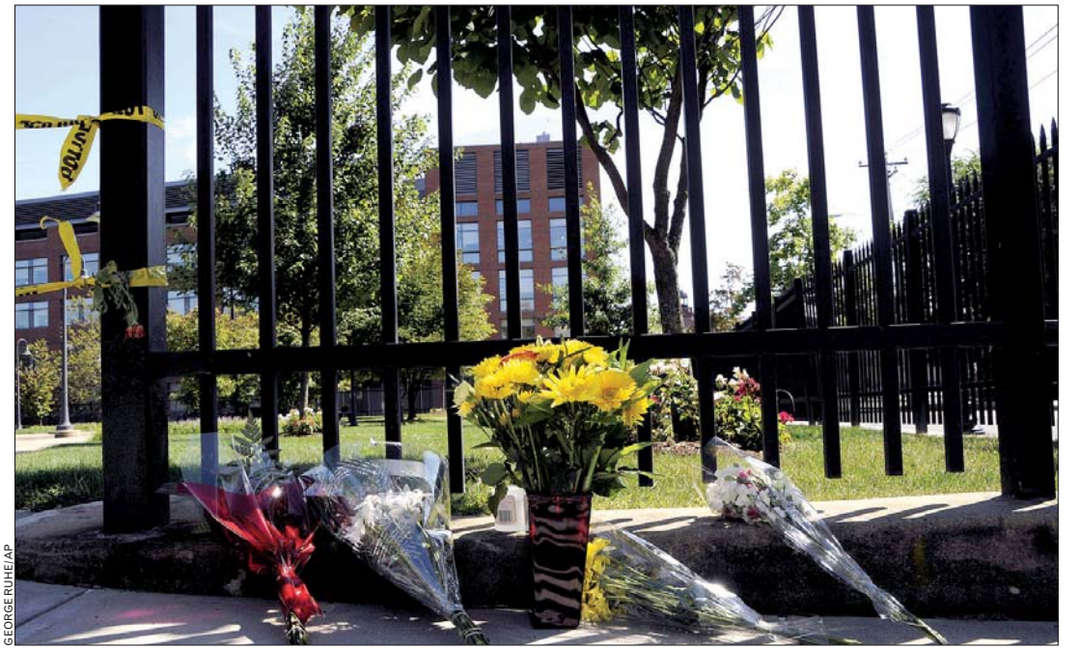
Police found Le's body about 5 p.m. Sunday, the day she was to marry Columbia University graduate student Jonathan Widawsky, lovingly referred to on her Facebook page as "my best friend." The couple met as undergraduates and were eagerly anticipating their planned wedding on Long Island.

Police have said Widawsky is not a suspect and helped detectives in their investigation.

The building where the body was found is part of the university medical school complex about a mile from Yale's main campus. It is accessible to Yale personnel with identification cards. About 75 video surveillance cameras monitor all doorways.

Police said they are analyzing what they called "a large amount" of physical evidence in the case.

PAT EATON-ROBB (AP)



GEORGE RUHE/AP

Flowers have been placed at the Yale School of Medicine in New Haven, Conn., where Annie Le's body was found on Sunday.

HEALTH A Smoke-Free Central Park? New York City's health commissioner on Monday announced the next goal in Mayor Michael Bloomberg's anti-tobacco crusade is to ban smoking at city parks and beaches. Health Commissioner Thomas Farley said New Yorkers shouldn't have to breathe secondhand smoke, even outside. He also said children shouldn't even have to see people smoking. New York City has more than 1,700 parks, playgrounds and recreation facilities, and the Parks Department is in charge of 14 miles of beaches. (AP)

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Nation

Pricey Bail in Dugard Case

Couple allegedly took girl at age 11, held her captive for 18 years

PLACERVILLE, CALIF. | A judge on Monday set bail at $30 million for a Northern California man accused of kidnapping a girl and holding her captive for 18 years.

In setting the high amount, El Dorado County Superior Court Judge Douglas Phimister cited the serious nature of the charges, injuries to the girl and the fact that Phillip Garrido was on parole at the time of the alleged abduction.

Garrido, 58, and his wife, Nancy Garrido, 54, have pleaded not guilty to 29 charges of kidnapping, rape and false imprisonment.

RICH PEDRONCELLI/AP

Phillip Garrido and his wife, Nancy, are seen at their bail hearing on Monday.

The couple are accused of kidnapping 11-year-old Jaycee Dugard from her home in 1991 and then holding her captive in a backyard jumble of tents and sheds for nearly two decades. Authorities say Phillip Garrido fathered two daughters with Dugard.

Nancy Garrido continues to be held without bail, something her attorney did not object to during Monday's hearing. Phillip Garrido is unlikely to be released because of his parole violations, even if he could raise the money. (AP)

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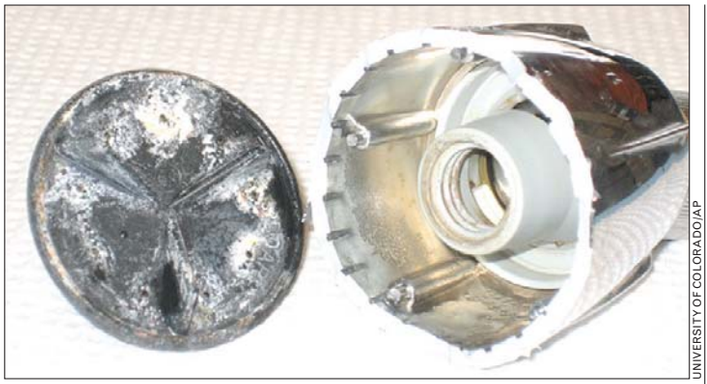
Study: Showerheads Spray Germs

Hidden microbes are danger to people with weakened immunity

WASHINGTON | In what may be the scariest shower imagery since Alfred Hitchcock's "Psycho," a new study has found that showerheads can harbor tiny bacteria that come spraying into your face when you wash.

People with normal immune systems have little to fear, but the microbes could be a concern for folks with cystic fibrosis or AIDS, people who are undergoing cancer treatment or those who have had a recent organ transplant.



UNIVERSITY OF COLORADO/AP

This handout photo from the University of Colorado shows visible microbial growth on a showerhead. The colored growth can be seen on the white inner surfaces.

Researchers at the University of Colorado tested 45 showers in five states as part of a larger study of the microbiology of air and water in homes, schools and public buildings.

Showerheads are full of nooks and crannies that make them hard to clean, researchers noted.

In general, is it dangerous to take showers? "Probably not, if your immune system is not compromised in some way," lead study author Norman R. Pace said. "But it's like anything else — there is a risk associated with it."

The researchers offer suggestions for the wary, such as getting all-metal showerheads, to which microbes have a harder time clinging.

Still, showerheads are full of nooks and crannies that make them hard to clean, researchers noted, and the microbes come back even after treatment with bleach.

The bugs in question are Mycobacterium avium, which have been linked to lung disease in some people. Indeed, studies by the National Jewish Hospital in Denver suggest increases in pulmonary infections in the United States in recent decades from species such as M. avium may be linked to people's taking more showers and fewer baths, Pace said.

Symptoms of infection can include tiredness; a persistent, dry cough; shortness of breath; weakness and "generally feeling bad," Pace said. RANDOLPH E. SCHMID (AP)

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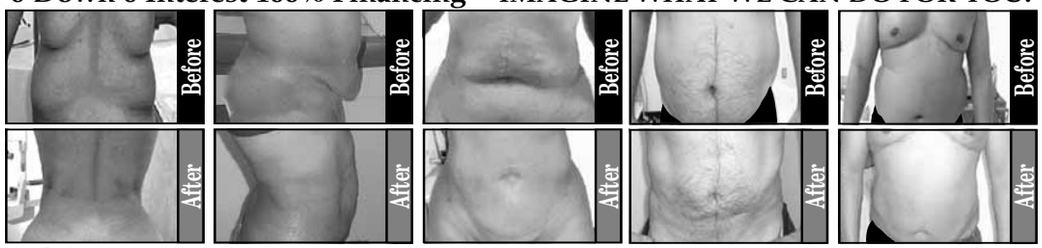

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Nation

DAVID MCNEW/GETTY IMAGES

The SEC claims Bank of America withheld information from shareholders last year.

SEC Reproached, Deal Tossed Out

Judge: $33M payout over Merrill bonuses victimizes investors

A federal judge in New York Monday rejected a $33 million settlement between the Securities and Exchange Commission and Bank of America, throwing into doubt the future of one of the government's chief cases against a firm charged with wrongdoing in the financial crisis.

Using biting language, Judge Jed S. Rakoff accused the SEC of trying to nab a quick victory against a big bank while concealing the true facts of the wrongdoing the agency alleges. Rakoff suggested that the SEC and Bank of America are working together to try to make the case go away even if it "victimizes" the shareholders who would be responsible for paying the $33 million settlement.

The case centers on whether Bank of America hid from shareholders important details about its plans for Merrill Lynch, the troubled Wall Street firm it agreed to acquire last fall. Early last month, the SEC claimed that Bank of America failed to disclose to shareholders who were to vote on the deal that it had allowed payment of billions of dollars in bonuses to Merrill Lynch employees.

"[The deal] is not fair, first and foremost, because it does not comport with the most elementary notions of justice and morality, in that it proposes that the shareholders who were the victims of the Bank's alleged misconduct now pay the penalty for that misconduct," Rakoff wrote. ZACHARY A. GOLDFARB (THE WASHINGTON POST)

HEARSAY | HEALTH CARE

"[Other senators'] comfort level is starting to come up a bit. ... I believe in the end we'll have significant bipartisan support."

—SEN. MAX BAUCUS, D-MONT., ANNOUNCING THAT THE SENATE FINANCE COMMITTEE MAY UNVEIL ITS LONG-AWAITED HEALTH CARE BILL TUESDAY. BAUCUS IS CHAIRMAN OF THE COMMITTEE.

In Brief

AP

Abdulla Ahmed Ali, seen in an undated photograph, will serve at least 40 years.

LONDON

Three Liquid Bomb Plotters Receive Lengthy Sentences

Three British Muslims were imprisoned Monday for at least 30 years each for a plot to kill thousands by blowing up trans-Atlantic airliners with liquid explosives hidden in soda bottles. Abdulla Ahmed Ali — the plot's ringleader — was given a minimum of 40 years in prison. Assad Sarwar, 29, and Tanvir Hussain, 28, were imprisoned for a minimum of 36 years and 32 years, respectively. (AP)

CAIRO

Bin Laden Decries Obama

Osama bin Laden said in a new audiotape that President Obama's strategy in Afghanistan is "hopeless" and called on Americans to resolve the conflict with al-Qaeda by ending the war there and breaking the U.S. alliance with Israel. The message was released to mark the anniversary of the Sept. 11 attacks. (AP)

Illiteracy Hampers Afghan Army

Nine out of 10 recruits cannot read, stalling progress in the war

KABUL | Afghan army recruit Shahidullah Ahmadi can't read — and neither can nine out of 10 soldiers in the Afghan National Army.

The lack of education points to a basic challenge for the United States, as it tries to expand the Afghan army in the hopes that U.S. and allied forces can one day withdraw. Just as in Iraq — and perhaps even more so — the U.S. is finding it no small task to recruit, train and equip a force that is large and competent enough to operate successfully on its own.

"I face difficulties. If someone calls me and tells me to go somewhere, I can't read the street signs," Ahmadi, 27, a member of a logistics battalion, said while walking through downtown Kabul. "In our basic training, we learned a lot. Some of my colleagues who can read and write can take notes, but I've forgotten a lot of things, the types of things that might be able to save my life."

EMILIO MORENATTI/AP

Afghan National Army recruits receive their first instructions after arriving at a training center in Kabul, Afghanistan, in July.

The speed with which NATO trains and equips more Afghan security forces has become an issue in the U.S., Europe and Canada as governments decide whether to commit more deeply to a war that is losing public support.

Polls show that the army is the most trusted Afghan institution, a testament to the relative success it has had. But about 90 percent of those deciding to join the army are illiterate, according to U.S. military officers.

That's even higher than the 75 percent national illiteracy rate, because military recruits come from lower social classes.

The lack of basic reading skills slows down progress in an already short 10-week training course. It means soldiers cannot use maps properly or understand the army's code of conduct. FISNIK ABRASHI (AP)

MARRIAGE **Twenty-Third Time's the Charm** A 107-year-old Malaysian woman says she is ready to marry for the 23rd time, the BBC reported Monday. Wook Kundor says she fears that the man she married four years ago — who is 70 years younger than she is — won't return home after completing voluntary treatment for drug addiction in Kuala Lumpur. "I realize I am an aged woman," Wook told Malaysia's Star newspaper. "My intention to remarry is to fill my forlornness and nothing more than that." (EXPRESS)

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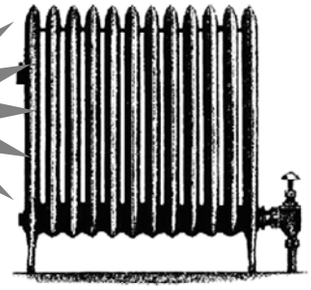

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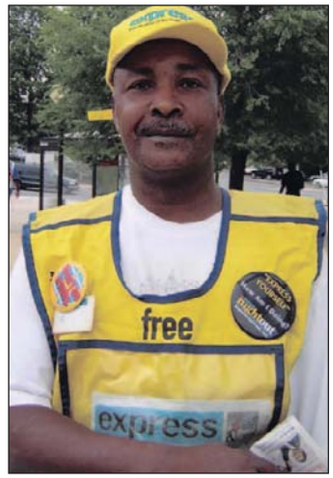

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World

Tehran OKs Nuclear Talks

Iran agrees to first discussion with world powers in over a year

VIENNA | Iran warned the U.S. and Israel on Monday it will repel any attack — while also tamping down tensions by agreeing to meet with Washington and other world powers more than a year after talks broke down over Tehran's refusal to curb its nuclear activities.

The U.S., Iran and the European Union expressed hope the Oct. 1 talks could lead to substantive negotiations — despite Iran's warnings it would not even discuss U.N. Security Council demands that it freeze uranium enrichment.

But White House spokesman Robert Gibbs said enrichment — which can make both nuclear fuel and fissile warhead material — "would be part of the discussion," along with Tehran's "illicit nuclear weapons program."

The prime minister of Israel, Iran's most bitter foe, urged tougher action, including additional sanctions to cripple Tehran's economy and turn Iranians against the government.

Iran also sounded a tough note — accusing the U.S. of amassing "frightening and dreadful weaponry in ... the Persian Gulf" and warning Israel and the U.S. that it is ready to defend itself against any attack on its nuclear facilities.

The EU's chief diplomat, Javier Solana, announced Iran's readiness to accept an offer last week from the six powers for a new round of talks. Solana said the meeting could set the stage for progress in resolving the standoff over the Islamic Republic's refusal to freeze uranium enrichment and heed other U.N. Security Council demands. GEORGE JAHN (AP)

Tariffs Spark U.S.-China Dispute

Experts predict both sides will avoid major conflict over tire trade

MARK RALSTON/AFP/GETTY IMAGES

Workers conduct quality control checks on tires at a factory in Hangzhou, China, in 2007. China filed a complaint with the WTO over U.S. tariffs on Chinese tires.

China's complaint Monday over new U.S. tariffs on Chinese tires raised pressure on Washington but isn't likely to incite a full-blown trade war. Each side knows its economy has too much to lose.

The United States represents a huge market for Chinese exports. And China is the largest holder of U.S. government debt at a time when the federal deficit has swollen to record levels.

China quickly took its case to the World Trade Organization after President Obama ordered steep increases in U.S. tariffs on Chinese tires for three years, including by 35 percent in the first year.

For China, barriers on its exports to the U.S. mean job losses at home. Still, private economists say they expect both sides to avoid a conflict that would harm producers in each country.

"The big message from China to the United States is, 'Think twice, think three times before repeating this kind of relief for a U.S. industry because if you do this again, we are going to hit you again,'" said Gary Hufbauer, a trade expert at the Peterson Institute, a Washington think tank. (AP)

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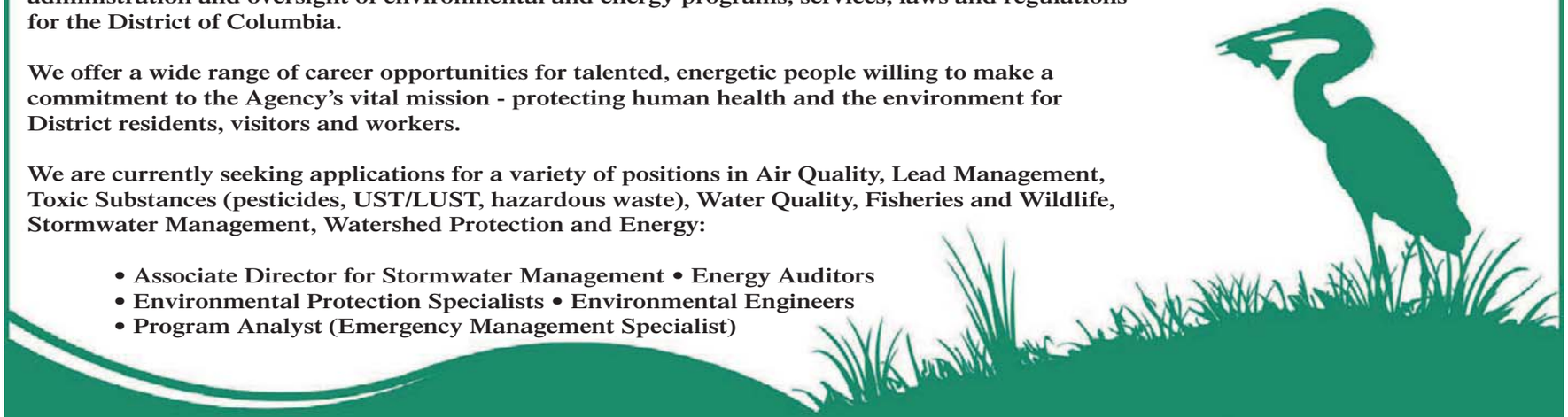

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Sarkozy: Redefine Economic Aims

French president says citizens' happiness should signal success

PARIS | French President Nicolas Sarkozy asked world leaders to join a "revolution" in the measurement of economic progress by dropping their obsession with gross domestic product to account for factors such as health care availability and leisure time.

In a speech on the first anniversary of the collapse of Lehman Brothers, Sarkozy said the financial crisis has shown the need for a better way of calculating a country's economic health.

His own country — known for its leisurely meals, long vacations and labor protections — could outshine more profit-focused economies if nations act on new recommendations in a report headed by two Nobel Prize-winning economists commissioned 18 months ago.

The report, presented to Sarkozy on Monday, offers a raft of factors that governments should take into account when making policy, such as environmental sustainability. But it doesn't specifically suggest a new statistical index.

Despite the lack of detail Monday, Sarkozy will nonetheless try to persuade other world leaders to sign up to the proposals at the G-20 summit in Pittsburgh, said Henri Guaino, a special advisor to Sarkozy.

"The crisis doesn't only make us free to imagine other models, another future, another world. It obliges us to do so," Sarkozy said.

EMMA VANDORE (AP)

MICHEL EULER/AP

French President Nicolas Sarkozy speaks in Paris Monday. Sarkozy said the financial crisis has revealed the need for a new way to measure a country's economic health.

FAMILIAR FORMULA

France wouldn't be the first country to use citizens' happiness as a measure of prosperity.

- The Himalayan kingdom of **BHUTAN** pursues "Gross National Happiness" to ensure development doesn't hurt Bhutan's culture.
- Bhutanese measure quality of life using nine indicators, including health, education and governance.
- France's 10 "happiness indicators" would include work-life balance, the quality of relationships and gender equality, Sarkozy said.

POLITICS Operator in Chief South Africa's president took a call about leaky sewers to inaugurate a hotline meant to help fulfill his campaign promises to be responsive and accessible. Jacob Zuma's office says he answered two of the busy first day's calls Monday, including one from a woman who described problems getting her late husband's pension. The main opposition party also called on Monday, requesting an investigation into a lawyer with legal problems who has been appointed adviser to the defense minister. (AP)

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World

American Drone Kills 4 in Pakistan

18 die in stampede in Karachi at event to celebrate Ramadan

MIR ALI, PAKISTAN | A missile fired from a suspected unmanned U.S. drone slammed into a car in a Pakistani tribal region close to the Afghan border Monday, killing four people, intelligence officials and residents said.

The apparent American missile strike was the latest of more than 50 in the northwest region since last year aimed at killing top al-Qaeda and Taliban leaders. Last month, the head of the Pakistani Taliban was killed in one such strike.

Monday's attack took place about 1.5 miles from the town of Mir Ali in North Waziristan, killing four people, two officials and witnesses said. The officials spoke on condition of anonymity, saying they need to remain unnamed to do their jobs effectively.

The identities of the victims were not known.

FAREED KHAN/AP

Pakistani women mourn over the death of a relative who died in a stampede.

Witnesses Ikramullah Khan and Mohammad Salim said the missile hit a vehicle with blacked-out windows — a style associated with Taliban fighters.

Separately, at least 18 women and girls waiting to get free flour in Karachi died when the crowd around them swelled and a stampede occurred, officials said.

The deaths in the Karachi stampede came during the Muslim holy month of Ramadan, a traditional time for charitable acts, including giving away food. RASOOL DAWAR (AP)

INDIA | PROTEST OVER PAY

MUKHTAR KHAN/AP

DEVOTED TO THE CAUSE: A Kashmiri protester holds a sign reading, "In the midst of oppression and tyranny, Jihad is our slogan," as he is surrounded by tear gas smoke on Monday in Srinagar, India. Police fired tear gas to disperse a crowd protesting the withholding of their salaries for months, officials said.

Principal Hits the Roof for Pledge

Md. educator honors students' progress by working atop school

To the list of extreme measures principals will take to meet state academic standards, Melissa Glee-Woodard has added working on the rooftop.

There haven't been any studies on the link between student achievement and unusual stunts, but Glee-Woodard, principal of Lewisdale Elementary School in Hyattsville, provides one data point. Last school year, she promised her students that if they made "adequate yearly progress," the state's ever-rising test-score standard, she would spend an entire day on the school's roof.

They did, and on Monday she honored her promise. At a gathering in the morning, the school's 560 students craning their necks upward could scarcely believe the sight. They cheered for her as a red banner hung over the school's entrance proclaimed in large, hand-painted white letters: "WE DID IT!!!"

KATHERINE FREY/TWP

Principal Melissa Glee-Woodard of Lewisdale Elementary School in Hyattsville, Md., waves to kindergartners from the roof after their lunch Monday afternoon.

"I told them the importance of reading and checking on their math facts," Glee-Woodard recalled Monday morning as she sat in a folding chair under a sun shade with her testing coordinator, James Green, who was also working on the one-story-high rooftop.

"They called from Web Services to ask how long you're going to be there!" a staff member on the ground shouted up to the roof. "I told them the end of the day!"

Glee-Woodard said the thing she missed the most was visiting classes and talking to students. She did go down the ladder a few times — for lunch and for bathroom breaks — but otherwise she kept to the plan.

At one point, Green emerged from the hatch with two bottles of Perrier. With the temperature hovering in the mid-80s and an occasional breeze, life was good, Glee-Woodard reflected.

"It's been a great day," she said. "I love this type of weather." NELSON HERNANDEZ (THE WASHINGTON POST)

VIRGINIA Guns and Gubernatorial Candidates The National Rifle Association has endorsed Republican Bob McDonnell's campaign for governor. The NRA's announcement reverses its decision four years ago to endorse Democrat R. Creigh Deeds, McDonnell's opponent in this year's gubernatorial race. Deeds lost to McDonnell by 360 votes in their 2005 race for Virginia attorney general, the closest statewide race in Virginia history. (AP)

Kelly Out At Housing Authority

D.C. director steps down, rumored to be pushed out by Fenty

Michael Kelly, executive director of the D.C. Housing Authority, is resigning his post at the end of the month, the Board of Commissioners announced Monday.

Bill Slover, board chairman, credited Kelly with transforming the agency into a "national model."

Privately, housing officials said that the board was under increasing pressure by Mayor Adrian M. Fenty to push out Kelly. Fenty, in his third year of a four-year term, has made several changes in his administration to take agencies in different directions. When elected in 2006, Fenty promised to maintain and build affordable housing.

The Board of Commissioners announced that it will conduct a national search to replace Kelly. NIKITA STEWART (THE WASHINGTON POST)

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Local

SEU Loses Accreditation

130-year-old District institution will likely cancel its fall term

Southeastern University has lost its accreditation, and officials at the 130-year-old school say they do not expect to offer a fall term.

The institution's accreditation from the Middle States Commission on Higher Education lapsed Aug. 31. A report from the commission found that the small private college lacked rigor and was losing faculty, enrollment and financial stability. Southeastern has operated since 1879 and has long served a population of lower-income and international students.

Of the 645 students enrolled at the Southwest Washington campus last fall, more than 300 graduated in a poignant ceremony in late June. Many of the rest transferred to the University of the District of Columbia, Trinity Washington University or Washington Adventist University, said Elaine Ryan, interim president.

There remains the possibility of a merger with GS Graduate School, an institution that provides continuing education for 150,000 students a year, most of them government workers.

An accreditation report this year found that only 14 percent of first-time students seeking bachelor's degrees at Southeastern graduated within six years. Faculty had dwindled to 10 for an institution with more than 30 academic programs.

Southeastern was founded by the YMCA. Its enrollment dropped after Sept. 11, 2001, when the student population shifted from international students to low-income D.C. residents. DANIEL DE VISE (THE WASHINGTON POST)

washingtonpost.com | D.C. AUNT STRETCHED THIN

KATHERINE FREY / TWP

FAMILY FIRST: Wanda Lily, right, is the legal guardian for Shamice Kelly, left, and her other two nieces, who were in the D.C. foster care program. ✣ **Strange System:** When Kelly turned 18, her subsidy was cut off. If she'd been in foster care, she would be covered until she turned 21. | **washingtonpost.com/metro**

UMd. Says 506 Students Have Flu Symptoms

COLLEGE PARK, MD. | The University of Maryland says the number of students who have reported flu-like symptoms since classes started two weeks ago has reached 506.

Spokeswoman Beth Cavanaugh said Monday that many have already recovered and the number indicates suspected cases of swine flu, but sick students aren't routinely tested for the virus.

The College Park campus has about 36,000 undergraduate and graduate students. (AP)

The Lotteries

Monday, Sept. 14

DISTRICT

Mid-day Lucky Numbers	7-7-2
Evening Lucky Numbers (Sun.)	5-9-6
Mid-day DC 4	5-1-7-4
Evening DC 4 (Sun.)	3-9-0-6
Mid-day D.C. Five	6-2-0-1-7
Evening D.C. Five (Sun.)	8-4-9-3-1
Daily 6 (Sun.)	4-11-17-20-27-29 (21)

MARYLAND

Mid-day Pick 3	5-0-5
Evening Pick 3 (Sun.)	2-0-4
Mid-day Pick 4	0-0-2-1
Evening Pick 4 (Sun.)	7-6-5-5
Match 5 (Sun.)	8-28-31-32-33 (36)

VIRGINIA

Mid-day Pick 3	3-0-8
Evening Pick 3 (Sun.)	7-2-6
Mid-day Pick 4	2-3-9-9
Evening Pick 4 (Sun.)	1-9-3-0
Mid-day Cash 5 (Sun.)	2-6-15-23-32
Evening Cash 5 (Sun.)	6-7-18-24-27

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

897 **THE NUMBER OF STAIRS** a group visiting the Washington Monument were forced to walk down Monday when the elevator broke down. A spokesman for the Park Police said, "The elevator broke around 1 p.m. and a few people had to walk down, but there were no injuries and no one got sick." (TWP)

Redskins Hit Soft Part of Season

Team uses last season as path to success after dismal opener

REDSKINS | The Washington Redskins' season-opening loss was awfully familiar. Another bad opener in the Meadowlands. A so-so game from Jason Campbell. Mixed results from the big defensive acquisition. Wasted timeouts. Curious play-calling. Not much from the young receivers.

There was even another dropped interception from Carlos Rogers, who says he lost this one in the sun.

The start of Jim Zorn's second season was as disappointing, if not more so, than the start of his first. For the Redskins, the best thing to draw from Sunday's 23-17 loss to the New York Giants is that they recovered well after receiving a similar thumping in 2008.

"They beat us last year, and we came back and at the halfway point we were 6-2," Rogers said Monday.

That's not out of the question, given the schedule. Mediocrity might be enough against the next five opponents — St. Louis, Detroit, Tampa Bay, Carolina and Kansas City — although it's worth noting that the Redskins actually lost at home to the Rams (0-4 at the time) last year. A similar result at home this week would put Zorn and Campbell on the accelerated path toward lame-duck status.

JOHN MCDONNELL/TWP

Head coach Jim Zorn said of Campbell's fumble Sunday: "The instincts are to take a look and make a decision, and he didn't."

Campbell didn't get into a rhythm against the Giants until the final drive of the game, when the Redskins scored their only offensive touchdown to make the final score close. Zorn was happy with Campbell's overall comfort level — minus the quarterback's two major errors: an interception thrown while across the line of scrimmage, and a strip-and-run-back by Osi Umenyiora.

"The instincts are to take a look and make a decision, and he didn't make a decision on that play," Zorn said. "Just think about the irony of them fumbling the snap in their first series and gaining five yards, and us getting the ball batted and [them] getting a touchdown."

Much of the focus, though, was on the Redskins debut of $100 million defensive tackle Albert Haynesworth. Haynesworth clogged the middle, finished with four tackles and had the wind knocked out of him while stopping Brandon Jacobs for no gain on fourth-and-1 early in the second quarter.

JOSEPH WHITE (AP)

REDSKINS INSIDER

Randle El Outshines Younger Receivers

AFTER ALL the preseason talk about the young receivers and the important spark they might add to the offense, it was 30-year-old receiver Antwaan Randle El who had the biggest impact in Sunday's loss. Supplanted by Malcolm Kelly as the team's starting flanker, Randle El had his best day (seven catches, 98 yards) since 2007. And those young receivers? Kelly had one catch for six yards, and Devin Thomas didn't show up on the stat sheet.

RICK MAESE (THE WASHINGTON POST)

Read More: For the latest on the Redskins, visit **washingtonpost.com.**

EASY STRETCH | REDSKINS' SEEMINGLY MEDIOCRE OPPONENTS

WHILE THE REDSKINS flamed out against the Giants, they have a chance to get on a hot streak starting this week. Each of their next four lost their openers:

2 | STL VS. SEA
28-0

3 | DET VS. NO
45-27

4 | TB VS. DAL
34-21

5 | CAR VS. PHI
38-10

6 | KC VS. BAL
38-24

RESEARCH Head Cases Three active NFL players are joining former players in agreeing to donate their brains after death to a Boston University medical school program that studies sports brain injuries. The donations by Matt Birk of the Baltimore Ravens, Lofa Tatupu of the Seattle Seahawks and Sean Morey of the Arizona Cardinals were announced Monday. The players' brains and spinal cord tissue will help researchers get a better understanding of the effects of concussions. (AP)

Swengali

REDSKINS | BY MATT SWENSON

New Season in Reruns Already

THE NEXT TIME the Redskins are going to put on a performance like that, I should watch a "Seinfeld" rerun instead.

There was nothing new to see Sunday at the Meadowlands — at least if your team was wearing burgundy and gold.

For all this talk that quarterback Jason Campbell throws a great deep ball, he rarely goes down the field. And when he did in the 23-17 loss, all the closest players were Giants.

Wide receiver Malcolm Kelly was still a non-factor, even if it was an accomplishment that he didn't get hurt. Clinton Portis had a couple nice runs, but that was it for him. Antwaan Randle El managed to kill one drive by not throwing away the ball on his fake pass, and then he didn't score a touchdown later because he can't run straight.

> If week 1 is any indication, this year's team is going to struggle as much as last year's did.

In fact, the only sign of life on the Redskins' team came when coach Jim Zorn called for a fake field goal. It's probably been decades since Washington last tried that, and it caught New York totally off guard.

If week 1 is any indication, this year's team is going to struggle just as much as last year's did during the second half of the season.

Who wants to watch that? For competition, "The Contest" offers a fix and is a lot less painful to sit through.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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Sports

Urlacher to Miss Season

Bears' star linebacker undergoes surgery on dislocated right wrist

NFL | Chicago Bears linebacker Brian Urlacher will miss the rest of the season after undergoing surgery to repair his dislocated right wrist — a major blow for a team with high expectations.

Team spokesman Jim Christman confirmed a Chicago Tribune report Monday.

Urlacher had said in a text message to the newspaper that his "season is over."

Urlacher, a 10-year veteran, apparently was injured in the first quarter of Sunday night's 21-15 loss at Green Bay making a tackle on Packers running back Ryan Grant. He played in the second quarter, but left on the Packers' first drive of the second half.

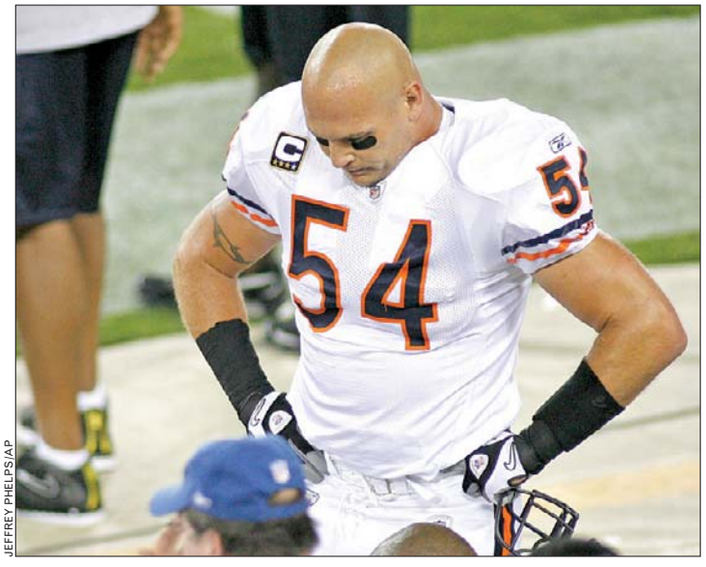
While the arrival of Pro Bowl quarterback Jay Cutler sent expectations in Chicago soaring, the Bears were also counting on a healthy Urlacher to help them get back to the playoffs after missing the postseason the past two years. The six-time Pro Bowler appeared to be in better shape after being limited by back and neck problems in recent years.

With Urlacher out, Hunter Hillenmeyer could see more time after replacing him on Sunday.

If the Bears look for outside help, one option might be former NFL Defensive Player of the Year Derrick Brooks.

The 36-year-old Brooks, who Tampa Bay cut in February, has a good relationship with Bears coach Lovie Smith dating to his days on Tampa Bay's staff.

ANDREW SELIGMAN (AP)



JEFFREY PHELPS/AP

Bears linebacker Brian Urlacher walks on the sidelines Sunday night after injuring his right wrist. The six-time Pro Bowler said on Monday he will miss the season.

Eagles Sign Garcia as Backup Plan

NFL | Jeff Garcia is back with the Philadelphia Eagles.

Eagles coach Andy Reid on Monday confirmed the team has signed Garcia, a 10-year veteran who played for Philadelphia in 2006 and went 6-2 in eight starts — including the playoffs — while McNabb was injured.

The team needed a backup quarterback in case McNabb, who suffered a broken rib in Philadelphia's 38-10 win over Carolina in the season opener, is not able to play this week against the New Orleans Saints.

Third-year pro Kevin Kolb filled in for McNabb and will start this week if McNabb is out, Reid said.

Garcia

"We're lucky Jeff was available," Reid said. "He's someone who knows this offense and has been very successful in this offense." Garcia played well in his previous stint with the Eagles three seasons ago, throwing 11 touchdown passes in eight starts. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) If it feels like the Nats just played the Phillies, it's because they did last week. Another series starts Tuesday.

ORIOLES (7 P.M. ON MASN2) The O's and Rays continue their series.

UNITED (8 P.M. ON FSC) If the UEFA Champions League doesn't satisfy your soccer appetite, D.C. United plays San Juan Jabloteh in the CONCACAF Champions League.

SOCCER (2:30 P.M. ON FSN) In the aforementioned UEFA Champions League, Manchester United visits Besiktas JK in Istanbul, Turkey.

NFL Still the Man Jake Delhomme is still Carolina's starter — even after 11 turnovers in his past two games, including last year's playoff loss to Arizona. Coach John Fox defended his beleaguered quarterback Monday, saying his status "hasn't changed" a day after he threw four interceptions and lost a fumble in the Panthers' 38-10 loss to Philadelphia. (AP)

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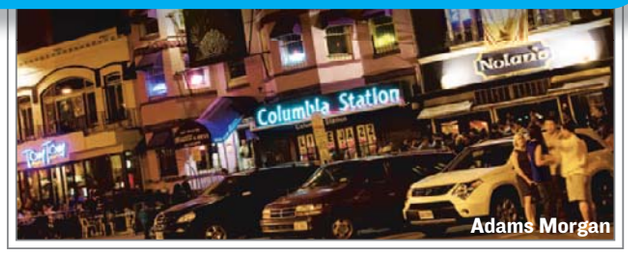

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Sports

D.C.'s Season on the Brink

Can weary United right its path before the playoffs are lost?

UNITED | D.C. United's season is veering off course as dramatically as one of Luciano Emilio's clumsy traps or one of Fred's wayward passes.

The U.S. Open Cup final was lost, the CONCACAF Champions League is slipping away and its playoff future is looking increasingly tenuous as rivals make up games in hand. D.C. (8-6-12 in MLS) has won only twice in eight weeks, and its key players, most of whom are aging, are regressing rather than improving as the campaign enters its stretch run.

That erosion was obvious in Saturday's 2-1 loss to Seattle, whose younger, faster, more technically proficient players proved the difference.

When asked whether his increasingly predictable United side had any attackers with the skill to change a game, coach Tom Soehn fell back on an excuse he had promised to avoid.

"Our team's been playing every three days for the last month-and-a-half. And it's going to take tolls. Some guys are tired some days. It takes away from your sharpness," he said.

TONI L. SANDYS/TWP

Head coach Tom Soehn has led D.C. United to only two wins in eight weeks.

In contrast, three weeks ago he said: "I want to put something to bed. We keep talking about games. You know what? It's no different than we've had every year. It's the reality. We have games every three days. I don't want to hear it as an excuse. We won't use it as an excuse. It's reality."

Soehn will have a nine-day break after Tuesday night's Champions League game in Trinidad, where 0-2-0 D.C. will face 0-2-0 San Juan Jabloteh.

> **"I think the team's in dire need of a little break."**
>
> —D.C. UNITED COACH TOM SOEHN ON HIS SQUAD'S RECENT STRUGGLES

United's season may depend on whether the much-maligned Emilio and Fred use that time to rediscover a few basic skills and whether Jaime Moreno finds the fountain of youth. Or it may hinge on whether Soehn summons the will to bench his underperforming vets and gets over his grudge against Olympian Danny Szetela. D.C., as currently constituted, is not getting the job done.

"We'll have a little break to get our legs back and actually focus on training because we haven't been able to do that as well," Soehn said. "I think the team's in dire need of a little break." BRIAN STRAUS

9 **THE NUMBER OF** consecutive seasons in which Ichiro Suzuki has had at least 200 hits, a new Major League Baseball record. The Seattle Mariners superstar reached the milestone on Sunday night with an infield single against the Texas Rangers. Newspapers in Japan — his home country — made the hit front-page news. (AP)

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Sports

Williams Apologizes, Wins

Serena calls outburst 'inappropriate' before doubles championship

TENNIS | Serena Williams apologized Monday for what she called her "inappropriate outburst" during her semifinal loss to Kim Clijsters at the U.S. Open.

Williams was short on contrition in the pos-tmatch news conference after her profanity-laced, finger-pointing tirade at a lineswoman Saturday night — and again in a prepared statement Sunday.

"I want to sincerely apologize FIRST to the lineswoman, Kim Clijsters, the USTA and mostly tennis fans everywhere for my inappropriate outburst," Williams' latest statement said. It was released about a half-hour before Williams and her sister Venus played in the women's doubles final, which they won for their 10th Grand Slam title as a team.

MATTHEW STOCKMAN/GETTY IMAGES

The Williams sisters celebrate after winning the doubles final on Monday.

"I'm a woman of great pride, faith and integrity, and I admit when I'm wrong," it continued. "I need to make it clear to all young people that I handled myself inappropriately and it's not the way to act — win or lose, good call or bad call in any sport, in any manner."

Williams was fined $10,000 Sunday for unsportsmanlike conduct and could face further penalties — including a higher fine and a possible suspension — for what U.S. Open tournament director Jim Curley described as her "threatening manner." (AP)

express health directory

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Germs love to hide. Here are 10 places to hunt them down E11

Make burgers, grilled cheese and other dishes leaner with these comfort food makeovers E8

A D.C. writer takes on the dynamics of female siblings E9

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ILLUSTRATION BY CHRIS GASH

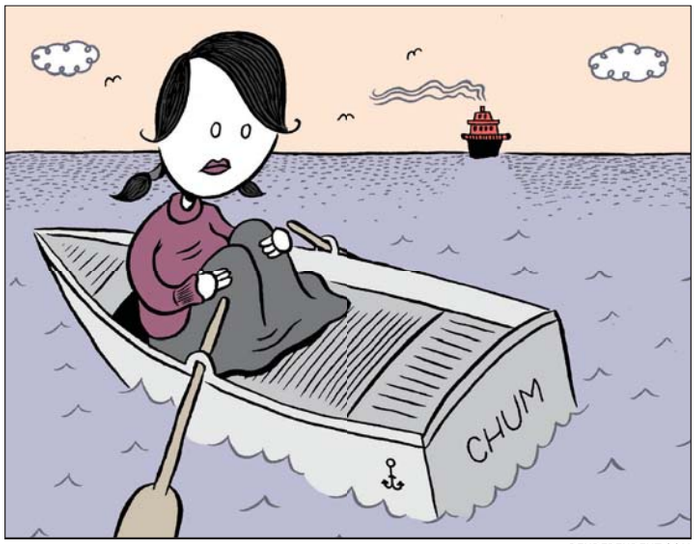
BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Two Can Be The Loneliest Number of All

Q I always hoped that once I got married and had children, my relationship with my mother would improve. But it's gotten worse. She didn't seem interested in my wedding — my brother, her favorite, stole the show by having triplets just before the nuptials. My mother pays more attention to my brother's kids than to my son, even though we live farther away. She also constantly compares me to my sister-in-law, with whom she has a rocky relationship. When I call her on it, she acts like I'm the bad guy. Should I just accept that I'm always going to be No. 2?

— SECOND-CLASS CITIZEN



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One of the most difficult parts of growing up is letting go of the notion that parents are perfect and that people will always change for the better. It sounds like you had understandably high hopes that once you hit a new stage of your life, you and your mother would have an added connection. Unfortunately, despite what the movies say, conflict isn't easily erased by the addition of diapers and bottles.

To find peace with this, you have to reassess what's realistic. You might also examine your own feelings: accusing your brother of "stealing the show" by having children just before your wedding — how dare he! — sounds like you're not entirely objective either.

And it's natural that if your brother lives closer and has triple the number of children as you do that his family might consume a bit more of your mom's energy. The real question here is what the dynamic was like before all these cribs came along. Is there really a solid foundation for the potential of a close relationship with your mom? Or is that a pipe dream? A good therapist could help you figure out the answer.

It's Time for a Friend Breakup

Q This is in response to Sept. 8th's Baggage Check. I had a friend who started criticizing everything I did and said, mainly when other people were around — very irritating. I even talked to her about it, but it didn't curb her behavior. I just simply stopped associating with her. People who put you down consistently usually feel less than you and are envious of you. I don't need that stress in my life. Seriously, sit down and evaluate this friendship and see whether it is worth the stress and aggravation that it is causing you. A friend is someone who is supposed to lift you up and enhance your well-being, not bring you down and make you feel bad. Get rid of her and live your life. I hope you have other friends who are more pleasant and, if not, maybe you will make new friends who are more optimistic about maintaining friendships.

— BEEN THERE

Well said. As I mentioned, I think the real solution to the writer's problem is to think about giving the friendship the hook.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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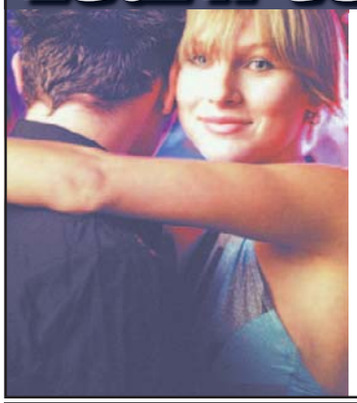

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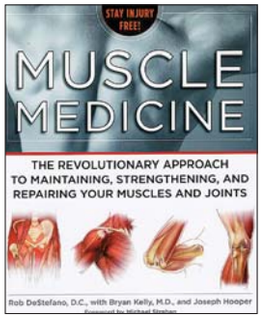

NEW IN HEALTH
warm ups

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The human body is pretty cool, but it still has some flaws. Just ask anyone who's ever had neck pain, a dislocated shoulder or an ACL tear. But you can work around your shortcomings by strengthening the weak spots with "Muscle Medicine" ($17, Fireside), which offers advice from an orthopedic surgeon and a chiropractor.

SHOE CHIC

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NUT AND RUN

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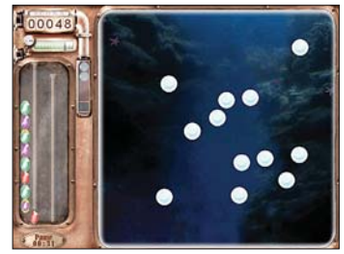
Malaysian herbs have a kinky side. In addition to keeping you young and healthy, they also supposedly promote sexual vitality. But don't worry about hunting for them in the rain forest — just pop into GNC and buy Ramuan Health's supplement blends ($24.95 for men's or women's).

GUINEAPIG



Software for Street Smarts

When presented with Insight DriveSharp — software that purports to cut one's risk of a car crash in half — we fully expected an extremely boring version of "Grand Theft Auto." Not so! DriveSharp (PC or Mac, $139, Positscience.com) uses two simple, if tedious, games that initially seem to have little to do with driving. Play 20 minutes three to five times a week for 10 hours total and you'll be ready to hit the road more safely.

The "Jewel Diver" game, pictured, helps you attend to numerous objects by tracking hidden gems. "Road Tour" is meant to increase one's field of vision by flashing various objects on the screen; the user then must flag where the objects appeared.

Whether this made us safer drivers is difficult to determine, but it certainly didn't hurt. Pedestrians should thank us. HOLLY J. MORRIS (EXPRESS)

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GOGREENER

WABA

Lose the Wheels And Find Your Feet

■ Picture a street. Now picture it covered with folks ballroom dancing, leisurely eating lunch and discussing green-living tips. That'll be the scene next Tuesday on F Street NW between Seventh and Ninth streets as D.C. celebrates Car Free Day, part of a worldwide movement to limit automobile use.

While most Washingtonians probably can't get away from work to take part in the main festivities downtown — which will include free bike repair help, fitness demos and Madame Tussauds wax figures wheeling around on pedicabs — everyone is encouraged to visit Carfreemetrodc.com to pledge to ditch driving for the day, or at least go "car-lite" (which means teleworking or carpooling). If the promises of extra exercise and eco-consciousness don't woo you, perhaps the chance of winning an iPod or other prizes will.

And there are other related events to help get you into the spirit:

Take your feet for a spin for Cultural Tourism DC's Walkingtown Weekend (Walkingtowndc.org) Saturday and Sunday. The semiannual event features free guided biking tours, hikes and strolls all over the city.

Monday is the start of Try Transit Week in Virginia (Trytransitweek.com). Enter for a chance to win a yearlong pass for the transit service of your choice.

Bike and Roll's (Bikeandroll.com) D.C. and Alexandria locations are offering free rentals Sept. 22. Call 202-842-2453 or 703-548-7655 and mention "Car Free D.C. Day" to reserve your ride. V.H.

KEVIN DIETSCH

Ivan Robinson treats Donald Williams at his Brookland office. Robinson's My Healthy DC program offers free fitness classes.

Free to Be Healthy in D.C.

Ivan Robinson's mission is to help locals thrive — for zero money

Sia Ulo, 43, stepped off the scale, and sat down to let Ivan Robinson take her blood pressure and give her a mini-lecture about better hydration. "Drink a glass of water for every daylight hour," advised the nurse practitioner. Then he sent Ulo off with one last command: "Enjoy turbo kick."

Most checkups aren't a warm-up for a kickboxing class, but pairing the two is Robinson's prescription for improving the city's well-being. My Healthy DC (Myhealthydc.com), the program he founded two years ago, has been gradually rolling out fitness classes at the District's public recreation centers. There's yoga, belly dancing, tai chi, water aerobics, boot camp, Zumba and more. And because his practice foots the bill, all of it is free to any resident who wants to sign up. (His motto: "If you put money last and community first, it will work out.")

The only thing students are expected to pay is attention — both to the instructors and to Robinson, who swings by all of the sites regularly to monitor progress and encourage preventative care. "It's a bait and switch. You think you're here to dance, but you leave with orders for a cholesterol and pap screening," Robinson says. "We want to help you live the life you should be leading." If that's not enough enticement, the program sweetens the deal by rewarding students who take four classes a week for a month with a massage or Reiki treatment.

Ulo, who signed up for My Healthy DC just a month ago, already senses the differences in her body. Since diving into three classes a week at Turkey Thicket Recreation Center in the Brookland neighborhood, her clothes are starting to seem looser. "I feel like I'm getting stronger. I've been telling everybody I know," she says.

Fellow turbo kicker Marcia Lee, 46, has dropped four dress sizes in the six months she's headed to My Healthy DC classes. "I was tired of being tired, and this program has saved my life," she says. "I'm in a totally different place than I was. Instead of me at happy hours, I change my clothes and I go to class."

Although centers get to choose which classes they'd like to host based on community interest, most of the programming has a non-Western bent. That's by design, as Robinson started training in kung fu at age 6 and credits that education for getting him to where he is today.

When he was teaching a self-defense class at the Hillcrest Recreation Center in Southeast two weeks ago, Robinson began the session with a vigorous series of breathing exercises and arm circles before getting into any confrontation strategies. Then, he demonstrated how if an attacker grabs your wrist, you can simply circle your arm as though you're waving to escape the grip — and whip your assailant to the ground. Performing this move solo, he explained, is something they could perfect in tai chi classes. "That's why I want you to come to those classes, too. Applied, it's self-defense," he told the room of women.

> "You think you're here to dance, but you leave with orders for a cholesterol and pap screening."

The majority of My Healthy DC participants are females, and some classes are even designated as women-only to keep students (especially those of the Muslim faith) comfortable with the fitness environment. But Robinson would like to see more men take advantage of the program, too. "I don't want to be the only brother left," he jokes.

Because of Robinson's work, there will be at least one other guy surviving with him: Jeffrey Banks, 34. Two years ago, he didn't even know what tai chi was. But after excelling in classes through Robinson's program, he's now in training to become an instructor himself. "My range of motion is better, and I have a lot more stamina," he says of his transformation. The most important change he experienced, however, required losing something other than weight: excuses.

VICKY HALLETT (EXPRESS)

ISTOCK

When Flab Won't Flee

These workout mistakes can thwart even the most dedicated

You huff and puff through cardio sessions, but that extra layer of flab just won't budge.

Surprise: Your workout might be to blame. We talked to trainers and exercise physiologists across the country and discovered surprising ways that well-intentioned fitness routines can put the brakes on weight-loss goals. "Many women assume that 30 minutes of exercise will change their bodies, but it's not automatic," says Geralyn Coopersmith, the senior national manager of Equinox Fitness Training Research in New York City. "If you're focused and smart about how you use that half-hour, you will be amazed by your results." Here is what to do — and not to do — to rev up your metabolism and slim down for good.

1 YOU SACRIFICE GOOD FORM

High-intensity exercise may burn loads of calories, but not if you're hanging onto the handrails for dear life. It's important to focus on your form, even if that means lowering the intensity. "You recruit fewer muscles and burn fewer calories when you're slouched over," Coopersmith says. The same goes for strength training, says James Levine, a scientist at the Mayo Clinic in Rochester, Minn., whose research has found that standing while lifting weights boosts calorie burn by about 50 calories per half-hour. Best of all, one study shows that good posture allows you to take in more oxygen, so your workout feels easier, even while you're blasting more calories.

2 YOU EXERCISE WHILE PARCHED

When it comes to working out, the importance of drinking up is clear. "Nearly every cell in the body is composed of water — without it, they don't function efficiently during exercise," says Dan Judelson, a professor of kinesiology at California State University in Fullerton. Translation: You'll fatigue faster and your workout will feel tougher than it should. In recent studies, he discovered that exercisers who were dehydrated completed three to five fewer reps per set while strength training.

3 YOU READ ON THE TREADMILL

"If flipping through a magazine keeps you motivated, by all means do it," Coopersmith says. "But reading while exercising is so distracting that you're probably working at an intensity too low to burn a significant number of calories." You don't have to nix reading material during every workout — just leave it behind a couple times a week so you can focus on intensity during your workout. And if you need a distraction, try listening to music.

> "Nearly every cell in the body is composed of water — without it, they don't function efficiently."

4 YOU HATE YOUR WORKOUT

No matter how many calories an activity promises to burn, if you don't enjoy it, you'll be less likely to do it and won't reap the benefits. Instead, find a workout you want to do, rather than one you feel like you have to do. When University of Nebraska-Omaha researchers polled women who'd been exercising regularly for longer than a year, they found that one of the top predictors of adherence was choosing enjoyable activities.

5 YOU TRUST CALORIE-BURN ESTIMATES

Like most things in life that sound too good to be true, those digital displays broadcasting mega calorie burn are often bogus. Recent research presented at the National Strength and Conditioning Conference found that elliptical trainers over-estimate calorie burn by an average of 30 percent. If you're trying to create a calorie deficit to lose weight, those thought-you-burned-'em calories can add up over time and thwart your success. To ensure you're burning the number of calories you want, consider investing in a heart rate monitor, which can accurately track your heart rate to compute the number of calories you torched. LIZ PLOSSER

(REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

BODYTALK

ISTOCK

Weight Around For Bigger Muscles

■ Choose a weight that just barely allows you to do 12 biceps curls. Repeat for a total of four rounds.

DUMBBELL FRONT SQUAT WITH ARNOLD PRESS

➜ Hold a pair of dumbbells in front of your chest with palms in. Lower yourself until your thighs are parallel to the floor. Stand and press the weights overhead, rotating your wrists so that your palms face forward. Lower the dumbbells in front of your chest so your palms face you again. Do 12 reps.

SWISS-BALL BENT-ARM PULLOVER WITH CHEST PRESS

➜ Lie with your head and upper back on a Swiss ball and raise your hips so your body forms a straight line from knees to shoulders. Hold the weights along the sides of your chest with your palms toward each other. Press the weights up, then lower them halfway. Lower the dumbbells behind your head until they touch the ball. Reverse. Do 12 reps.

DUMBBELL LUNGE WITH BICEPS CURL

➜ Stand with a pair of dumbbells at your sides. Step forward with your left foot until your right knee is an inch or two off the floor and your left thigh is parallel to the floor. Do a biceps curl. Push back up to the starting position and repeat, this time stepping out with your right foot. Once you've completed 12 curls, lose the weights and lunge 12 times. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

SPECIAL ADVERTISING FEATURE

GOLD'S GYM GET FIT CHALLENGE

12 WEEKS. 6 CHALLENGERS. 1 GOAL.

CONGRATULATIONS TO ALL!

For the past 12 weeks, 6 Express readers competed for $5,000 and a one-year membership to Gold's Gym. They have earned points by losing weight and competing in fitness challenges. Each contestant was given one hour each week to work out with a Gold's Gym personal trainers.

TOGETHER, THE 6 OF THEM LOST NEARLY 200 POUNDS!

BEFORE

CHALLENGER (LEFT TO RIGHT)	TOTAL WEIGHT LOST
GREG	27.0
JAMIE	22.2
KIM	29.8
LARRY	49.0
MEAGHAN	22.0
ANTHONY	34.8

AFTER

A Reveal Reception was held at The Washington Post, just steps away from where the contestants met each other and their personal trainers only 12 weeks ago. Before the reception, the contestants were treated to skin and hair care treatments at **Frizzles Salon**. All three ladies received $500 to spend at **Terra**, a boutique specializing in dresses, where they also had personal shopping consultations. And the gentlemen were provided custom-tailored suits from **Geoffrey Lewis, Ltd.**

GEOFFREY LEWIS, LTD.

Geoffrey Lewis, Ltd. is a family-run men's and women's custom clothing boutique that has dressed Washingtonians for 40 years. Master Tailor and Proprietor Angelo Abatzis learned the trade in Greece and is now tailoring for politicians, celebrities and residents of the D.C. area with the help of his son Kosta and son-in-law Christo. **Greg** said, *"Everyone was fantastic, and I can't tell you how much I appreciate the kindness and attention to detail I received. They made a perfect fit. I love my suit, and it makes me feel like a new man."* The store is located downtown at 14th and H Streets NW.

TERRA

At Terra, they are all about the dress. Terra offers a well-edited selection of dresses and accessories from established and emerging designers from around the world. Their carefully chosen mix highlights a woman's best assets. **Jamie** said, *"The ladies at Terra were amazing. Within just a few minutes I had a dress on that looked incredible and was definitely made for me."* Terra is located just north of Dupont Circle on Connecticut Avenue between R Street and Florida Avenue NW.

FRIZZLES BEAUTY SALON

A full service salon in Old Town, Alexandria, Virginia, Frizzles offers the latest in hairstyles, nail techniques, dermatological & massage therapy services. They bring international flair to Old Town with a staff that has worked in cities around the world: Paris, Montreal, London, New York, San Diego and Washington D.C. **Kim** said that her day at Frizzles made her feel, *"wonderful...to be pampered just made me feel like a queen for a moment."* You'll find Frizzles - frizzlessalon.com - at 534 John Carlyle Street in Alexandria.

THEY ALL LOOKED THEIR BEST!

fit | Nutrition

Comfort Food Upgrades

It's a battle royale, with cheese. In one corner is the promise of a trim, hard body. In the other, there's a juicy hamburger. It's hard to believe there ever was a time when mankind could be seduced by an apple, isn't it? But you can continue eating all of your favorite comfort foods — without guilt — if you make a few easy tweaks.

Burger

WHAT'S SO BAD? Ground beef is shot through with fat, and that white-bread bun offers little but rapidly digested simple sugars.

MAKE IT BETTER: Start with extra-lean ground beef and add chopped-up onions and thawed frozen spinach. The vegetables add vitamins and replace some of the moisture lost when you switched to leaner ground beef. Better yet, build those burgers with grass-fed beef or lean ground buffalo, at roughly 4 grams of fat per 4 ounces. Researchers at Purdue University found that wild game and grass-fed meats have higher levels of good-for-the-brain and good-for-the-heart omega-3 fatty acids. Top it all off with a whole-wheat bun for some fiber.

Grilled Cheese Sandwich

WHAT'S SO BAD? The 18 grams of saturated fat you take in from the butter and slabs of oily cheese. And the white bread is pointless.

MAKE IT BETTER: Use whole-wheat bread with part-skim mozzarella in between. Crisp it in a skillet moistened with a little olive oil. A recent study in the Journal of the American Medical Association found that an olive oil-rich diet can drop your chances of dying of cancer or heart disease by 23 percent. To protect your prostate, add a couple lycopene-packed tomato slices. Likely to work late? Throw in a slice or two of lean ham. That will jack up the protein count, keeping your appetite in check.

Pizza

WHAT'S SO BAD? Oil-pooling pepperoni, to start. Then a huge calorie count that comes mainly from simple carbs and saturated fat.

MAKE IT BETTER: Opt for a thin crust (fewer refined-flour carbs), use half the cheese, and replace the pepperoni or sausage with chicken breast, a lean protein that has just 1 gram of fat per ounce. The chicken gives you more muscle-building protein and a ratio of protein to fat that better satisfies the appetite. Add some sliced onions and peppers to rack up a little fiber and some immune-boosting allicin.

Fish and Chips

WHAT'S SO BAD? There's fat everywhere — the breaded and fried fish, the greasy potatoes and the creamy coleslaw.

MAKE IT BETTER: Try pan-seared salmon for a healthy dose of cholesterol-lowering omega-3 fatty acids and a potential brain boost. Roasted potato wedges sprayed with a little olive oil are infinitely better than fat-soaked fried "chips." Then grab a bag of finely chopped coleslaw makings at the grocery store and use either low-fat mayonnaise or, better yet, a tangy vinegar-and-oil dressing.

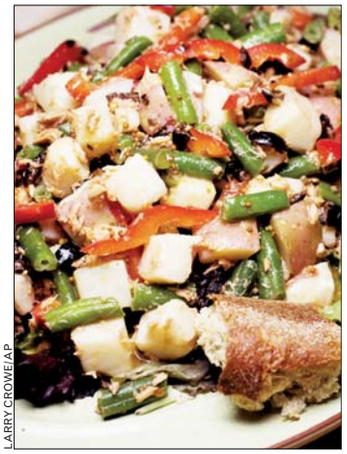
Nachos

WHAT'S SO BAD? Just 13 ordinary corn chips contain 120 calories and 6 grams of fat, and you haven't yet ladled on the electric-orange cheese product, the greasy spiced hamburger mixture or the sour cream. Do that and you're hoisting 1,129 calories and 26 grams of saturated fat into your mouth.

MAKE IT BETTER: Start with baked corn chips (less fat), add cooked pinto beans for fiber and use reduced-fat sharp cheddar and lean ground round. Top with cancer-fighting diced tomatoes (for lycopene) and diced fresh jalapeño pepper — it has no added salt but still delivers plenty of kick. MAUREEN CALLAHAN (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

EVENT HORIZON **Go to the Source** **Arlington wants to encourage residents to chow down on foods grown as close as possible to home — on local farms, in community gardens and even in backyard plots. So the "Local Foods, Local Chefs" program kicks off from 6 to 9 p.m. tonight with tastings at the Clarendon Whole Foods (2700 Wilson Blvd.), and then moves to seven neighborhood restaurants, which will each serve a 100 percent locally sourced dish or meal on a designated night: Liberty Tavern (Sept. 16), Santa Fe Café (Sept. 17), Willow Restaurant (Sept. 22), Tallulah Restaurant and EatBar (Sept. 23), Eventide Restaurant (Sept. 29), Restaurant Vero (Oct. 6) and Restaurant 3 (Oct. 13). The program aims to educate people about the health benefits of eating locally grown foods, which generally contain fewer pesticides and more vitamins and nutrients than supermarket items.**

EATING IN



LARRY CROWE/AP

Salmon, Red Potato And Green Bean Salad

10 MINUTES, SERVES FOUR

INGREDIENTS

- **3 TBSP** red wine vinegar
- **3 TBSP** extra-virgin olive oil
- **1 TBSP** Dijon mustard
- **1/2 TSP** salt
- **1/4 TSP** ground black pepper
- **9-OUNCE** package frozen Italian green beans
- **1 POUND** precooked diced red potatoes
- **1 MEDIUM** red bell pepper, cored and cut into thin strips
- **1/4 CUP** coarsely chopped pitted black olives
- **6-OUNCE** can salmon, squeezed dry and coarsely flaked

PREPARATION

1. In a small bowl, whisk together the vinegar, olive oil, mustard, salt and pepper. Set aside.
2. Using a microwave, thaw but don't cook the green beans. Alternatively, the beans can be thawed under cold running water. Squeeze gently to remove excess moisture.
3. In a large bowl, combine the green beans, potatoes, bell pepper, olives and salmon. Add the dressing and toss gently to combine. Serve immediately, or cover and refrigerate until serving time. (AP)

298 calories, 11 g protein, 25 g carbs, 17 g fat, 27 mg cholesterol, 632 mg sodium, 4 g fiber

The Strength of Sisters

Author Deborah Tannen looks at bonds between female siblings

Deborah Tannen may be a best-selling author and a professor of linguistics at Georgetown University, but to her family, she'll always be the little sister. So, in "You Were Always Mom's Favorite" ($16, Random House) — her latest book taking on the language of relationships — Tannen's tackling "sisterspeak," the native tongue of all women who grew up competing, connecting and cohabiting with female siblings. She'll be appearing at Politics & Prose (5015 Connecticut Ave. NW; 202-364-1919; Politics-prose.com) this Thursday at 7 p.m., but here's a preview of what she learned about strengthening the sisterly bond through better communication.

STEPHEN VOSS

Georgetown professor Deborah Tannen's newest book focuses on sisterhood.

So, why sisters and not siblings generally?

I have two sisters, and because girls and women spend more time talking. That talk is about personal things, and that's more likely to strike a nerve. Some of the issues are heightened with women — the feeling of being left out. That comes up all the time.

You talk a lot about alignments.

Families are a network of shifting alignments. It's not at all unusual if there's more than one sister for there to be competition about who knows what. If mom or another sister tells something to one sister before you, depending on your personality, you're hurt or angry. Sisters can also align against parents, so there's one woman in the book who attributed her problems with her sister to her mother not letting them play without her around. I completely understand the mother's sensitivity about that. Sisters cover for one another and share secrets.

So, how should you handle alignments?

You can't help but form alignments. It's natural. The mother may be home more when one is a child because the family has more money. The birth order has an inescapable effect on alignments.

There's one comparison that's very common for sisters, right?

It's "the smart one and the pretty one." I've found at least two examples when the smart one and the pretty one was used to describe identical twins. People feel a need to distinguish, and when you're talking about women, value lies in appearance. In the legends, the hero falls in love with a woman because she's beautiful. Was she a good person? It doesn't matter.

How do parents convince their daughters that one isn't the favorite?

It strikes me as you're never going to be able to get away from thinking you favor one. You give one something in blue, her sister the same thing in pink. There's no difference, but the grass is always greener. You can even give them both the same thing and they want the other's.

How does the number of sisters affect the relationship?

Three is a very interesting number because we immediately have the possibility of two against one. A woman with five sisters said they always avoided ever being in a group of three because one always feels left out. Although you can't say anything across the board — I have a sister who's two years older and one eight years older. It's like I have a sister and two mothers.

What is the burden of being the oldest sister or the youngest sister?

Many older sisters I talked to were given parenting responsibilities. It wasn't the oldest child; it was the oldest sister. I heard from many younger sisters that whenever they're with their older sisters, no matter how old they are, they feel incompetent. They feel like they're jumping up and down, waving their arms and saying, "Pay attention to me."

What did your research teach you about your relationship with your sisters?

The most striking thing to me was the oldest perspective of the world. I heard so many older sisters described as judgmental and bossy. But they're expected to know what's best, and then they're punished for it. I tell the story of the three of us in the kitchen. My oldest sister is making hamburgers and my middle sister is making coleslaw, when my middle sister's husband comes in and asks her to take a walk with him. She wanted to go, but she kept cutting the cabbage. It dawned on me, it didn't even occur to her that I could cut the cabbage. I really have two oldest sisters.

What's the lesson for readers?

I think it's important for every sibling to realize that the view is different. Older ones complain that younger ones don't do their share. But when they were little, they were told everything they did was wrong, so it doesn't make them want to risk being told that again. It's important for adult sisters to have time with just each other. You share a past. And don't forget to verbalize positive things. You want to know that your sister admires you. VICKY HALLETT (EXPRESS)

MENTALHELP

ISTOCK

Sin Is Hazardous To Your Health

■ With Yom Kippur approaching, apologies and forgiveness are at the forefront of many Jews' minds as they look to clear their hearts and minds for the start of the new year. But dealing with sin can be a health boon no matter your religion.

Whether you've been wronged or done the wronging, harboring anger, guilt or resentment can lead to depression, increased blood pressure, ulcers, insomnia and a faster heart rate, says Suena Massey, assistant professor of psychiatry and behavioral sciences at George Washington University.

Admitting fault can be difficult. It involves a confession, sincere regret and a commitment to not repeat the offense, says Erica Brown, adult education director at the Partnership for Jewish Life and Learning.

Forgiving a wrongdoer can be more difficult than apologizing, Brown says. "To truly grant forgiveness means to be able to revisit a relationship sincerely and genuinely." Forgiveness can be confused with accepting the wrong or even letting the offender win, Massey says. "But from a mental health standpoint, it's really quite the opposite. Holding onto resentment and anger actually makes us a loser because we're the ones who are suffering. It's crucial in the healing process to forgive."

Ready to seek or grant forgiveness? Check out "The BIG Sorry," led by Brown, tonight at 7 p.m. at Sixth and I Historic Synagogue (600 I St. NW). To register for the free event, visit www.Sixthandi.org. STEPHANIE KANOWITZ

fit | Wellness

STETHOSCOPE

SEXUALITY

Snot Right Now, Dear

■ Allergies already negatively impact so much of daily life — and now sex, too? A new study published in the journal Allergy and Asthma Proceedings found that 83 percent of those with allergic rhinitis (hay fever) said it made their sex lives less satisfying sometimes, and almost 18 percent said it always impacted their desire for bedroom fun. The connection isn't crystal clear, but the scientists hypothesize that runny noses, sneezing and itchy eyes simply make people feel less sexy overall.

CANCER

Just a Little Bit Is Bad

■ A mere 100 cigarettes can significantly raise the odds of a woman's developing breast cancer, researchers at the Mayo Clinic Nicotine Research Program found. The study, published in the Breast Journal, suggests that female smokers can reduce this risk by stopping smoking as soon as possible.

ISTOCK

Good dental hygiene keeps gums healthy and may ward off head and neck cancers.

CANCER

Gums Matter

■ Brush your teeth! A new study, published in the journal Cancer Epidemiology, Biomarkers and Prevention, found a link between gum disease and head or neck cancer. Chronic periodontitis — when bone and tissue attached to the teeth progressively deteriorate — increases the odds of developing squamous cell carcinoma in the mouth and throat, according to the researchers. If you have periodontitis, get treatment soon; if not, keep up that good oral hygiene.

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Warning: Germs Ahead

Yucky organisms hide and thrive where you would least expect them

Germs are everywhere — at home, in the office and even in your car. Luckily, about 99 percent of them can't harm us. But the other 1 percent can be annoying, uncomfortable or downright scary. You may think you know the obvious places that germs propagate — the doctor's office, the soles of your shoes — but many more germ-friendly locales are completely unexpected yet no less dangerous. We uncovered a host of surprising new spots where germs like to lurk.

Kitchen Faucet

That metal aeration screen at the end of the faucet is a total germ magnet. Running water keeps the screen moist, an ideal condition for bacteria growth. Because tap water is far from sterile, if you accidentally touch the screen with dirty fingers or food, bacteria can grow on the faucet.

KEEP IT CLEAN: Once a week, remove the screen and soak it in a diluted bleach solution. Replace the screen, and let the water run for a few minutes before using.

Garbage Disposal

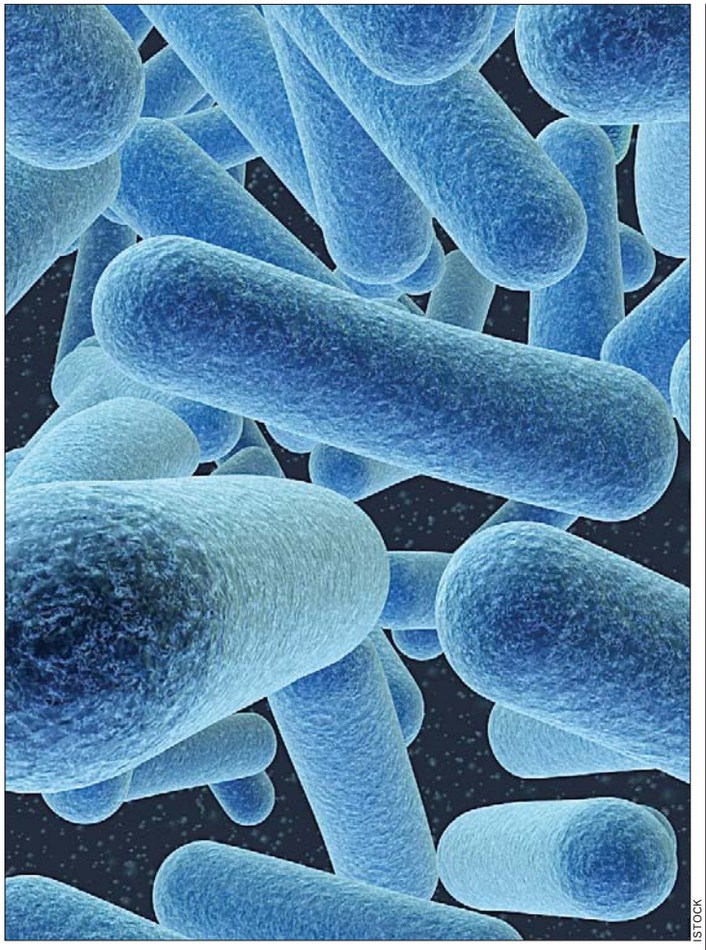
Bacteria from last night's dinner could end up on today's food and utensils if you're not careful. That raw chicken or spinach you're rinsing for dinner is often loaded with harmful bacteria.

KEEP IT CLEAN: At least once a week, clean the disposal's rubber stopper with a diluted bleach solution — soap and water aren't enough.

Welcome Mat

It serves to greet not only your guests but also all the bugs on the bottoms of their shoes. In fact, one study found that nearly 96 percent of shoe soles had traces of coliform, which includes fecal bacteria.

KEEP IT CLEAN: Spray the doormat once a week with a fabric-safe disinfectant. Leave shoes at the door, and avoid resting bags and groceries on the mat, too.



ISTOCK

BEWARE SPONGES

■ Don't keep using germ-ridden kitchen sponges to "wash" your dishes — rid them of bad bacteria every three to five days using cleaning methods proven effective by researchers at the USDA. Of the four disinfection methods tested, two made the grade:

Wash This Way:

➜ Microwave the sponge for one minute, which kills virtually all bacteria, yeast and mold. Just make sure it's wet first!

➜ Run the sponge through a complete wash-and-dry dishwasher cycle; it's nearly as effective as microwaving.

... Not This Way:

➜ Soaking a sponge in lemon juice for one minute had practically no effect on bacteria, yeast or mold.

➜ Soaking it in a bleach solution killed more bacteria than did lemon juice, but not all — and it had next to no effect on yeast or mold. (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE © RODALE INC.)

ISTOCK

Vacuum Cleaner

"Vacuums — including the brushes and bags — are like meals on wheels for bacteria," says Charles Gerba, professor of environmental biology at the University of Arizona "You suck in all this bacteria and food, creating an atmosphere for growth."

KEEP IT CLEAN: Change your vacuum bag frequently and do so outdoors to avoid the cloud of bacteria that filters into the air. Clean the cavity of a bagless vacuum with diluted bleach and let it air-dry.

Dish Towel

You know a sponge can harbor nasty germs, but dish towels are just as dangerous. A recent study found that about 7 percent of kitchen towels were contaminated with MRSA (methicillin-resistant Staphylococcus aureus), the difficult-to-treat staph bacteria that can cause life-threatening skin infections.

KEEP IT CLEAN: Stick to paper towels to clean counter tops, and save the dishrag to dry just-washed pots and plates. Change towels or launder at least twice a week in hot water and bleach.

Car Dashboard

This is your vehicle's second-most-common spot for bacteria and mold. When air, which carries mold spores and bacteria, gets sucked in through the vents, it's often drawn to the dashboard, where it can deposit the spores and germs.

KEEP IT CLEAN: Regularly swipe the inside of your car with disinfecting wipes.

Soap Dispenser

About 25 percent of public restroom dispensers are contaminated by fecal bacteria. Soap that harbors bacteria may sound ironic, but that's exactly what a recent study found.

KEEP IT CLEAN: Be sure to scrub hands thoroughly for 15 to 20 seconds with plenty of hot water — and if you have an alcohol gel disinfectant, use that, too.

Restaurant Ketchup Bottle

Those condiments on the tabletop are grimier than you might think. It's the rare eatery that regularly bleaches condiment containers. And many people don't wash their hands before eating.

KEEP IT CLEAN: Squirt hand sanitizer on the outside of the bottle or use a disinfectant wipe before you grab it. Holding the bottle with a napkin won't help — it's porous, so microorganisms can walk right through.

Refrigerator Seal

Do you scrub the inside of your fridge? It's not enough. A University of Arizona survey of 160 homes in three U.S. cities found that the seal around the fridge tested positive 83 percent of the time for common molds. The mold can spread every time the refrigerator door opens.

KEEP IT CLEAN: Wipe fridge seals at least once a week with a diluted bleach solution or disinfectant.

Cell Phone

Several studies on cell phones and PDAs found that they carry tons of bacteria, including staph (which can cause skin infections), pseudomonas (eye infections) and salmonella (stomach ailments). Many devices are sheathed in leather or vinyl cases, which provide plenty of creases and crevices in which germs can hide.

KEEP IT CLEAN: Use a disinfecting wipe a few times a week, and be conscious of where you rest personal items. ALYSSA SHAFFER (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE © RODALE INC.)

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IT
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Application Fee waived
Prices starting at only $800!

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Plus security deposit and
Must move in by 9/30/09

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Houston Has Problems
Whitney airs her dirty laundry on 'Oprah' this week | 38

lookout

Space Must Be the Place

Astronaut Alan Bean's paintings of the moon are defined by lunar mementos, memories

MUSEUMS | Before Alan Bean became the fourth man to walk on the moon, he was a test pilot taking night classes in painting at St. Mary's College in Maryland. He continued private art studies even after serving on Apollo 12 (the second lunar module to land on the Moon in 1969), but it wasn't until he resigned from NASA in June 1981 to become a full-time artist that Bean started painting what he knew best: the moon and the men who visited it. It's all that he's painted ever since.

In honor of the 40th anniversary of the Apollo landings, the National Air and Space Museum mounted the exhibit "Alan Bean: Painting Apollo, First Artist on Another World" featuring about 50 pieces of his impressionistic works, plus 18 NASA artifacts related to the mission.

Bean's early paintings are more monochromatic and less textured than his current colorful style, but one thing has not changed for Bean: the precision with which he renders his images. Being a trained engineer, Bean meticulously preps for his paintings with numerous studies and by using model reproductions to accurately capture the shadows, landscape and technology.

"Alan stands on his own as an artist," said curator Carolyn Russo. "He's very good and he knows his stuff. It's a bonus that he's been [on the moon] and can paint from experience."

Bean's works have a physical connection to the moon as well. He wasn't allowed to take any moon rocks home with him — or his space suit — but he was allowed to keep the patches sewn on his outfit. So he cut the patches in half, then reduced one half to tiny swatches that he embeds in his paintings. He also uses a bronze replica of his astronaut boot, along with the actual hammer and drilling tool he had on the moon, to create footprints and textures on the acrylic that's slathered over the aircraft plywood he uses as his canvas. More recently he has included foil bits from the Apollo 12 command module.

But Bean, 77, isn't dwelling on his past, even if that's what he paints.

"He's very much in the present," Russo said, "and he's painting for the future," hoping to give insight and inspiration to future generations of astronauts. "He feels like what he's doing now is his biggest achievement — being an artist." CHRISTOPHER PORTER (EXPRESS)

→ *National Air and Space Museum, 4th Street and Independence Avenue SW; through Jan. 13, 10 a.m. - 5:30 p.m. every day, free; 202-633-2398, Nasm.si.edu. (L'Enfant Plaza)*

CAROLYN RUSSO/NASM

MEET MR. BEAN: Former astronaut Alan Bean's art is inspired by his experience as one of the few humans to walk on the moon.

expressnightout

→ Capt. Bean will speak at the museum's annual Flight Jacket Night on Nov. 13, but you must register for the free tickets. Visit us online for details.

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STEPHEN VAUGHN/DISNEY

Captain Jack Sparrow will return in 2011.

All on Board for 'Pirates'

Johnny Depp helps to spread word of 'On Stranger Tides'

FRANCHISE | Avast! Disney says a new "Pirates of the Caribbean" film is on the horizon.

Johnny Depp sailed onstage Friday on a pirate ship at the Anaheim Convention Center to help announce the forthcoming installment of the franchise. He was welcomed with a standing ovation.

Depp will reprise his role as Capt. Jack Sparrow in "Pirates of the Caribbean: On Stranger Tides," slated for summer of 2011.

Dressed as Sparrow, Depp staggered around the stage and embraced Walt Disney Studios Chairman Dick Cook.

"Has anyone else witnessed a talking frog?" Depp's Sparrow asked the crowd, who had been treated to a performance by the Muppets moments earlier.

Cook noted that it was likely time for some rum. "Sounds good!" Sparrow predictably replied. SANDY COHEN (AP)

APPEARANCES **When Life Gives You Kanye** Country singer Taylor Swift is scheduled to make her first appearance on ABC's "The View." The 19-year-old Swift is scheduled to perform two songs on Tuesday's episode. Swift comes fresh from her high-profile appearance at the MTV Video Music Awards Sunday night. She was giving her acceptance speech after winning best female video of the year when Kanye West interrupted her to say Beyonce should have won instead. "The View" airs weekdays at 11 a.m. (AP)

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Registration begins 30 minutes prior to the start of classes. Classes begin promptly at the scheduled time. Donald Trump will not appear at the event.

Ferguson, Straight Up

The 'Late Late Show' host bares all in his candid new memoir, 'American on Purpose'

DAVID M. RUSSELL/CBS

HONESTY BECOMES HIM: Ferguson relates to his audience on an intimate level.

BOOK | Just who does this chap think he is?

Craig Ferguson, by his own account, is a Scotsman with a brogue and excellent teeth. A former punk-rock drummer. A recovering alcoholic. A sitcom star (well, supporting star) on Drew Carey's show. A film director-writer-leading man. A stand-up comic and overall "vulgar lounge entertainer."

Ferguson is also, of course, host of CBS' "Late Late Show," where he displays a gift for sly, often silly humor, a range of loony impersonations and a curious mind that, when he's interviewing, puts him in the rare league of Dick Cavett or even Bill Moyers.

Ferguson is also a proud American citizen (as of January 2008).

Any of these would serve as selling points for Ferguson's new memoir, "American on Purpose: The Improbable Adventures of an Unlikely Patriot."

Ferguson also happens to be a fine writer — witty, reflective and candid. (Two years ago he published "Between the Bridge and the River," a novel with a bold autobiographical streak.)

Granted, "American on Purpose" won't come as much of a surprise to any reader who's already a Ferguson fan. For four and a half years on his late-night show, he has regularly drawn on his full and tumultuous life to nourish his monologues and the intimate way he connects with his viewers.

Let other hosts keep the world at arm's length, with them cloaked in a layer of affable body armor. Ferguson is a kinetic cutup teeming with foolishness, brilliance, defiance and heart.

All this is captured in his book as an entertaining connect-the-dots journey.

And, like Ferguson, his book never stands on ceremony.

It begins with Ferguson's observing former first lady Laura Bush's panties at the 2008 White House Correspondents' Association dinner.

Cheap shot? Maybe. But Ferguson spares no one, himself least of all. He doesn't hold back beating up on himself with his troubled, often painfully funny, past.

FRAZIER MOORE (AP)

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'Southern Voice' Speaks

Tim McGraw dishes on song selection and his upcoming album

Q&A | Tim McGraw has a new album, "Southern Voice," dropping Oct. 20, and he debuted the title track and second single on Thursday night with a live performance at the NFL Opening Kickoff.

"Southern Voice" is McGraw's 10th album with producer Byron Gallimore, a collaboration that has yielded tremendously successful results.

Billboard's Ray Waddell caught up with McGraw in a rare break for the artist as he talks about the new record.

VIRGINIA SHERWOOD/NBC

Tim McGraw believes in mystery — overexposure can hinder an artist, he says.

Though "Southern Voice" isn't necessarily a departure for you, there are some heavy themes.
There is a lot of weight to these songs. There's some light stuff, too. That's kind of why we put out [lead single] "Business Doing Pleasure With You" first. We thought it would be kind of cool to give them something a little lighter, knowing that when it got time to be heavy that we had plenty of that on the record.

Whose input do you rely on when going through the song selection process?
I always listen to my wife's opinion, although we don't always agree because we have different tastes in music. There's been plenty of songs that I've put on albums that she wasn't necessarily crazy about. But I always want to hear her opinion, and [producer] Byron [Gallimore's] opinion, too, of course.

What do you think you've done right, career-wise?
Songs. Music. I think that any bad decisions I've made, music has really sort of saved the day for me. Also, I don't think I've been overexposed. A lot of artists get out there and get too seen, too industrialized. I feel pretty good about having a little bit of mystique.

RAY WADDELL (BILLBOARD.COM)

eo/aa

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top stops

Compiled by Express' Fiona Zublin. Read more of our picks every day at **Expressnightout.com/topstops.**

1 Keep It Short

It's fall, and that means it's time for film festivals. Start small with the DC Shorts Film Festival, which plays 100 shorts movies in groups of 10. (That's festival founder Jon Gann at left.) The mini-flicks span every genre imaginable, from tragedy to absurd to animated — and if you don't like what you're watching, at least you know it'll be over soon. Our picks include "Pigeon: Impossible," an animated tale set in the District, and "Boo," which combines comedy and horror. F.Z.

➜ *Various theaters; through Thu., $7.50-$12; 202- 393-4266, Dcshorts.com.*

CAROL ROSEGG

2 When Harry Met Sunday

Billy Crystal has fallen off the national radar in recent years after establishing himself as a comic genius and unlikely romantic lead ("When Harry Met Sally"), and now he's doing what all somewhat-past-their-prime comedian-stars do: a one-man show about the life that made him who his is today. We predict funny, with a chance of schmaltz. F.Z.

➜ *National Theatre, 1321 Pennsylvania Ave. NW; through Thu., $52-$177; 202-783-6854, Nationaltheatre.org. (Metro Center)*

3 Hey, They're the Same

The Washington you see on C-SPAN and "The West Wing" is hardly the strange, dingy, quirky, wonderful town that we all know and live in. Paul Feinberg's photos, on display at the Katzen Arts Center in "Another Washington," record that other city. If you want to see pictures of the place you know, take Metro up to American University and check them out. F.Z.

➜ *Katzen Arts Center, 4400 Massachusetts Ave. NW; through Oct. 25, free; 202-885-1300, American.edu|katzen. (Tenleytown)*

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9 (PG-13) (100 300 510) 715 915
OC & DA: ALL ABOUT STEVE (PG-13) (520 PM) 1020 PM
EXTRACT (R) - ID REQ'D (110 330 545) 820 1035
THE GAMER (R) - ID REQ'D (200 450) 750 1015
ALL ABOUT STEVE (PG-13) (220 PM) 805 PM
TAKING WOODSTOCK (R) - ID REQ'D (415 PM) 945 PM
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (120 325 535) 740 1010
INGLORIOUS BASTERDS (R) - ID REQ'D (125 PM 440 PM) 815 PM
PONYO (G) (1255 PM)
THE TIME TRAVELER'S WIFE (PG-13) (130 PM) 700 PM
DISTRICT 9 (R) - ID REQ'D (135 420) 720 1000
JULIE & JULIA (PG-13) (105 405) 650 935
G.I. JOE (PG-13) (355 PM) 705 PM 950 PM

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF - DP (PG-13) (150 430) 710 950
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1230 1255 125 225 305 330 355 500 540) 605 635 740 815 845 915 1020 1050
RW: SORORITY ROW (R) - ID REQ'D (1215 255 525) 810 1035
WHITEOUT (R) - ID REQ'D (215 450) 715 940
9 (PG-13) (110 335 550) 750 945
ALL ABOUT STEVE (PG-13) (1225 250 510) 745 1005
EXTRACT (R) - ID REQ'D (130 340) 615 830 1040
THE GAMER (R) - ID REQ'D (100 320 535) 800 1030
TAKING WOODSTOCK (R) - ID REQ'D (245 530) 820 1100
HALLOWEEN 2 (R) - ID REQ'D (1250 325 555) 825 1055
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (1235 235 440) 645 850 1105
SHORTS (PG) (1245 PM 310 PM 545 PM)
INGLORIOUS BASTERDS (R) - ID REQ'D (1220 345) 655 1015
PONYO (G) (120 350) 650 925
THE TIME TRAVELER'S WIFE (PG-13) 735 PM 1010 PM
DISTRICT 9 (R) - ID REQ'D (220 455) 730 1000
G.I. JOE (PG-13) (115 400) 700 955
HARRY POTTER: HALF BLOOD PRINCE (PG) (105 PM 420 PM)
HANGOVER (R) - ID REQ'D 805 PM 1025 PM

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (100 130 200 335 405 435) 645 715 745 930 1000 1030
RW: WHITEOUT (R) - ID REQ'D (115 345) 700 945
SORORITY ROW (R) - ID REQ'D (205 440) 735 1020
9 (PG-13) (145 410) 705 915
ALL ABOUT STEVE (PG-13) (120 340) 640 920
EXTRACT (R) - ID REQ'D (135 400) 710 925
THE GAMER (R) - ID REQ'D (125 355) 655 940
HALLOWEEN 2 (R) - ID REQ'D (155 425) 730 1005
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (150 415) 720 950
INGLORIOUS BASTERDS (R) - ID REQ'D (110 PM 430 PM) 750 PM
DISTRICT 9 (R) - ID REQ'D (140 420) 725 1015
G.I. JOE (PG-13) (105 350) 650 935

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

WHITEOUT (R) - ID REQ'D (100 315 530) 750 1010
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (110 420) 700 940
THE GAMER (R) - ID REQ'D (100 320 540) 800 1020
ALL ABOUT STEVE (PG-13) (120 400) 720 950
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (210 PM)
THE TIME TRAVELER'S WIFE (PG-13) (410 PM) 650 PM 920 PM
DISTRICT 9 (R) - ID REQ'D (220 450) 730 1005
JULIE & JULIA (PG-13) (145 430) 715 1000
G.I. JOE (PG-13) (130 440) 740 1020
HARRY POTTER: HALF BLOOD PRINCE (PG) (200 PM 515 PM) 830 PM
HANGOVER (R) - ID REQ'D (230 450) 710 930

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

WHITEOUT (R) - ID REQ'D (210 445) 735 1005
SORORITY ROW (R) - ID REQ'D (100 320 540) 805 1045
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1100 115 145 245 330 400 430 530) 615 645 715 815 900 930 1000 1045
9 (PG-13) (125 325 530) 730 945
THE GAMER (R) - ID REQ'D (100 320 535) 755 1015
ALL ABOUT STEVE (PG-13) (235 455) 720 950
HALLOWEEN 2 (R) - ID REQ'D (220 450) 750 1020
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (120 345) 600 810 1040
INGLORIOUS BASTERDS (R) - ID REQ'D (220 PM) 645 PM 955 PM
DISTRICT 9 (R) - ID REQ'D (215 500) 745 1030
G.I. JOE (PG-13) (215 500) 745 1030

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1210 1250) 315 400 615 700 915 1000
WHITEOUT (R) - ID REQ'D (1205 240) 510 745 1020
SORORITY ROW (R) - ID REQ'D (1200 230) 500 730 1010
9 (PG-13) (1150 200) 420 710 930
OC & DA: ALL ABOUT STEVE (PG-13) 310 PM 1040 PM
THE SEPTEMBER ISSUE (NR) (1145 220) 445 720 950
EXTRACT (R) - ID REQ'D (1230 250) 520 750 1005
THE GAMER (R) - ID REQ'D (1220 245) 535 800 1035
ALL ABOUT STEVE (PG-13) (1235 PM) 540 PM 815 PM
HALLOWEEN 2 (R) - ID REQ'D (1140 AM)
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (1240 300 510) 735 1015
INGLORIOUS BASTERDS (R) - ID REQ'D (1215) 345 705 1030
DISTRICT 9 (R) - ID REQ'D (150) 530 810 1045
JULIE & JULIA (PG-13) (100) 355 645 940
500 DAYS OF SUMMER (PG-13) (210) 430 655 920

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (200 450) 740 1030
9 (PG-13) (1240 250 500) 710 930
EXTRACT (R) - ID REQ'D (1235 255 520) 810 1035
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (1250 310 530) 750 1010
SHORTS (PG) (150 415) 640 905
DISTRICT 9 (R) - ID REQ'D (110 210 405 505) 700 800 950
JULIE & JULIA (PG-13) (1220 120 320 420) 620 720 920 1020
FUNNY PEOPLE (R) - ID REQ'D (1255 PM 425 PM) 745 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (1230 PM 400 PM) 730 PM
THE PROPOSAL (PG-13) (100 350) 650 940

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (100 130 200 230 320 350 420 450 520) 610 640 710 740 810 900 930 1000 1030
SORORITY ROW (R) - ID REQ'D (150 440) 730 1020
WHITEOUT (R) - ID REQ'D (220 510) 750 1040
9 (PG-13) (210 445) 700 915
OC & DA: ALL ABOUT STEVE (PG-13) (345 PM) 850 PM
EXTRACT (R) - ID REQ'D (140 405) 630 905
THE GAMER (R) - ID REQ'D (235 515) 755 1035
ALL ABOUT STEVE (PG-13) (110 PM) 620 PM
HALLOWEEN 2 (R) - ID REQ'D (250 PM 540 PM) 830 PM
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (240 500) 720 940
INGLORIOUS BASTERDS (R) - ID REQ'D (1250 PM 430 PM) 800 PM
DISTRICT 9 (R) - ID REQ'D (225 PM 530 PM) 820 PM
JULIE & JULIA (PG-13) (1240 340) 650 950
G.I. JOE (PG-13) (1230 PM)

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1200 1230 100 235 315 345 430 515) 600 630 715 755 845 915 1000 1030
RW: SORORITY ROW (R) - ID REQ'D (1235 300 530) 805 1030
WHITEOUT (R) - ID REQ'D (1215 240 505) 745 1020
9 (PG-13) (1210 215 420) 650 900
ALL ABOUT STEVE (PG-13) (1205 225 450) 710 935
EXTRACT (R) - ID REQ'D (1220 245 500) 730 1015
THE GAMER (R) - ID REQ'D (1225 250 510) 740 1010
HALLOWEEN 2 (R) - ID REQ'D 930 PM
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (1255 305 525) 735 940
SHORTS (PG) (110 PM 340 PM)
INGLORIOUS BASTERDS (R) - ID REQ'D (1200 320) 635 950
THE TIME TRAVELER'S WIFE (PG-13) 620 PM 855 PM
DISTRICT 9 (R) - ID REQ'D (120 400) 705 955
JULIE & JULIA (PG-13) (115 405) 655 945
G.I. JOE (PG-13) (1250 PM 330 PM) 640 PM
G-FORCE (PG) (1155 AM 205 PM)

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1240 145 330 430) 615 720 900 1005
WHITEOUT (R) - ID REQ'D (1210 240 515) 750 1025
SORORITY ROW (R) - ID REQ'D (130 415) 700 935
9 (PG-13) (1245 305 525) 740 955
OC & DA: ALL ABOUT STEVE (PG-13) (235 PM) 1000 PM
EXTRACT (R) - ID REQ'D (1230 300 530) 755 1030
THE GAMER (R) - ID REQ'D (1220 250) 610 840
ALL ABOUT STEVE (PG-13) (1205 PM 500 PM) 730 PM
HALLOWEEN 2 (R) - ID REQ'D (150 450) 735 1015
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (100 320 540) 800 1020
SHORTS (PG) (105 340) 625 850
INGLORIOUS BASTERDS (R) - ID REQ'D (1200 315) 630 945
PONYO (G) (125 400) 645 920
THE TIME TRAVELER'S WIFE (PG-13) (140 420) 710 950
DISTRICT 9 (R) - ID REQ'D (155 440) 725 1010
JULIE & JULIA (PG-13) (1225 325) 620 915
G.I. JOE (PG-13) (1250 345) 635 925
500 DAYS OF SUMMER (PG-13) (120 405) 640 910
HARRY POTTER: HALF BLOOD PRINCE (PG) (1200 315) 630 945
THE PROPOSAL (PG-13) (110 350) 650 930

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (150 440) 730 1010
WHITEOUT (R) - ID REQ'D (240 520) 800 1025
SORORITY ROW (R) - ID REQ'D (230 510) 750 1020
9 (PG-13) (100 300 500) 720 940
EXTRACT (R) - ID REQ'D (120 340 550) 820 1030
THE GAMER (R) - ID REQ'D (250 540) 810 1035
RW & DA: ALL ABOUT STEVE (PG-13) (220 450) 710 950
HALLOWEEN 2 (R) - ID REQ'D 930 PM
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (110 320 530) 740 1000
SHORTS (PG) (200 420) 630 840
INGLORIOUS BASTERDS (R) - ID REQ'D (1230 345) 700 1015
PONYO (G) (1245 315) 600 830
THE TIME TRAVELER'S WIFE (PG-13) (130 410) 645 915
DISTRICT 9 (R) - ID REQ'D (1235 310) 610 850
JULIE & JULIA (PG-13) (1240 330) 615 900
G.I. JOE (PG-13) (1250 400) 640 920
G-FORCE (PG) (210 PM 430 PM) 650 PM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

SORORITY ROW (R) - ID REQ'D (150 430) 730 1010
9 (PG-13) (115 315 525) 735 950
EXTRACT (R) - ID REQ'D (200 440) 750 1015
THE GAMER (R) - ID REQ'D (130 410) 720 1005
HALLOWEEN 2 (R) - ID REQ'D (140 435) 710 945
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (100 310 520) 740 1000
G.I. JOE (PG-13) (110 355) 650 940
THE UGLY TRUTH (R) - ID REQ'D (145 420) 655 930
500 DAYS OF SUMMER (PG-13) (120 400) 700 920
HARRY POTTER: HALF BLOOD PRINCE (PG) (105 PM 425 PM) 800 PM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

WHITEOUT (R) - ID REQ'D (130 400) 700 945
SORORITY ROW (R) - ID REQ'D (230 515) 800 1045
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (100 200 345 445) 630 730 915 1015
9 (PG-13) (300) 600 830 1030
EXTRACT (R) - ID REQ'D (115 415) 650 910
THE GAMER (R) - ID REQ'D (1245 330) 615 900
ALL ABOUT STEVE (PG-13) (240 500) 745 1010
HALLOWEEN 2 (R) - ID REQ'D 815 PM 1040 PM
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★ (145 430) 715 930
SHORTS (PG) (215 PM 530 PM)
INGLORIOUS BASTERDS (R) - ID REQ'D (315 PM) 645 PM 1000 PM
THE TIME TRAVELER'S WIFE (PG-13) 950 PM
DISTRICT 9 (R) - ID REQ'D (250 PM 545 PM) 845 PM
JULIE & JULIA (PG-13) (120 410) 720 1020
G.I. JOE (PG-13) (1230 PM 350 PM) 710 PM

Times For 09/15 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply © 2009 www.REGmovies.com

Robert Cray Moves With the Times

An old-school blues musician joins the digital revolution after getting a computer

Q&A | Though music has taken a digital turn, Robert Cray didn't get his first computer recently to keep up with industry trends. The Grammy-winning blues singer is just making sure he can see his young son and wife while he's on tour.

"The band just bought me a computer, like, three weeks ago," the 56-year-old said recently. "I just turned it on a few days ago, and I'm getting set up basically so I can see our 2-year-old son when I'm on the road, so I can have video conversations with him."

His family isn't the only thing he's smiling about these days. Cray and his band — including guitarist Richard Cousins, drummer Tony Braunagel and keyboardist Jim Pugh — recently released their eighteenth CD, "This Time." Cray says the disc — which fuses blues, soul and contemporary R&B — is filled with "new life."

JEFF CHRISTENSEN/AP

Robert Cray and his band are touring in support of their new album, "This Time."

So, you really just got your first computer?

They did it because they wanted to me to see my son. And I was making plans to do that, because I had watched the other guys with their computers and watched them having conversations with their families and said, "Well, I'm going to do this." But they beat me to the punch.

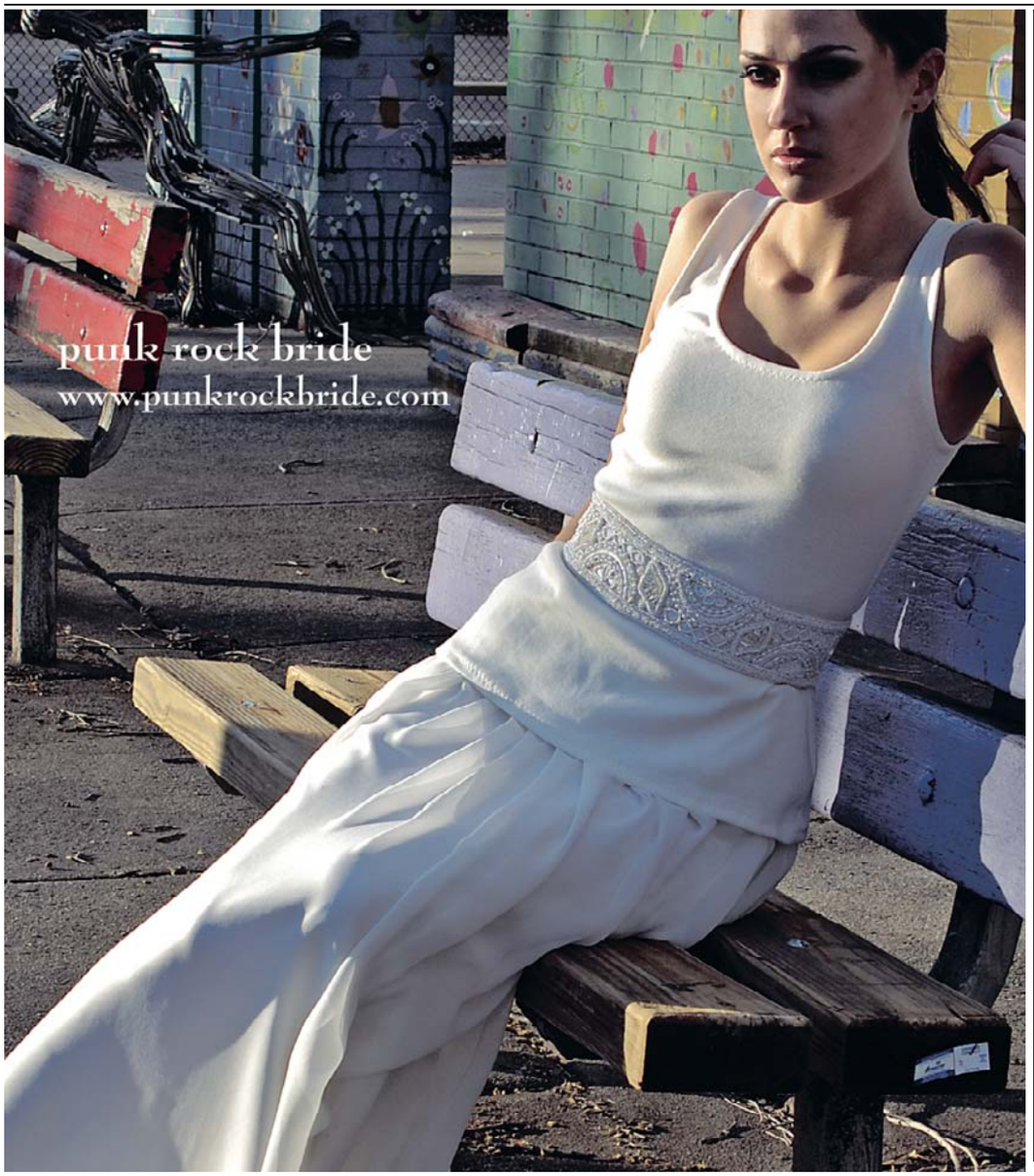
How has the band been affected by the digital turn the music industry's taken?

And a lot of bands survived just on selling records and didn't think about touring so much. I mean, it would nice to have had the same kind of sales more recently as we had in the past, but we started playing in bars, and as long as it's fun, we'll continue to do so.

Talk about the different sounds on "This Time."

Well, there's one song in particular that was a lot of fun to record. That's called "Love 2009" and ... it's got a little shan-a-lang guitar in it. And there's some good ballads. The title track is called "This Time" and it's one of those, I think one of those probably related to Memphis and the '60s kind of R&B ballads.

MESFIN FEKADU (AP)



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television lookout

Guests to Impress

Oprah brings out the big guns to fight her wavering ratings

HOST | Oprah Winfrey is opening her talk show's (4 p.m., ABC) 24th season with a flourish. One week of programs include a Chicago block party with the Black Eyed Peas, an exclusive Whitney Houston interview, her first Dr. Phil visit in seven years and a trip to New York.

It's hard to remember when it seemed more important.

Winfrey is still the queen of daytime television, but the aura of invincibility is gone. The average viewership for "The Oprah Winfrey Show" slipped to less than 7 million last season, down 7 percent from the year before.

There are many possible explanations for the fade, including some over which Winfrey has no control. Ratings declines are common with so many choices and demands on time.

Yet Winfrey has also alienated some of her audience, particularly in more conservative parts of the country, said Janice Peck, author of the book "Age of Oprah" and a University of Colorado professor. By endorsing Barack Obama and campaigning for him, she shucked her apolitical image.

The professor said few of her college students talk about Winfrey. "They see Oprah as kind of like who their mom likes," she said. "This is not a good sign for her."

DAVID BAUDER (AP)

JOSE LUIS MAGANA/AP

Oprah's audience has been shrinking.

tonight's lineup

HEALING WOUNDS
CNBC continues its glance back at last September's financial tsunami with **I YEAR LATER: ROAD TO RECOVERY** (8 p.m., CNBC).

MINI-DEMI MOORE
Rumer Willis guest-stars on **90210** (8 p.m., CW).

BIG NIGHT IN
Tonight, viewers get to choose between the two-hour finale of **MORE TO LOVE** (8 p.m., Fox) (a plus-sized riff on "The Bachelor") and **THE BIGGEST LOSER** (8 p.m., NBC), the competitive weight-loss series that has devoured a lot of NBC's prime-time schedule.

SPORTS NEWS FIT TO PRINT
REAL SPORTS WITH BRYANT GUMBEL (10 p.m., HBO) examines the impact of the advertising economy and long-term media trends on newspaper sports pages.

MIDDLESEX
EXPLORER: SEX, LIES AND GENDER (10 p.m., National Geographic) recounts stories of infants born without clear gender identity

THE JOKER
Episode No. 2 of **THE JAY LENO SHOW** (10 p.m., NBC) airs. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

PATRICK WYMORE/FOX

Plus-size bachelor Luke Conley will pick a lucky winner on "More to Love."

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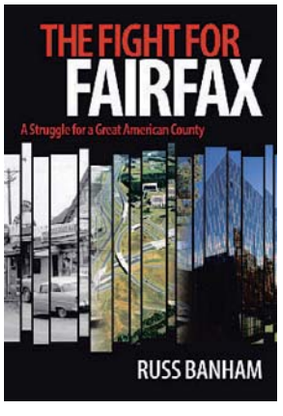

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—Joel Garreau

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Russ Banham
author of
THE FIGHT FOR FAIRFAX
A Struggle for a Great American County

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7:30 p.m.
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8027 Leesburg Pike
Vienna, VA

September 23
7:00 to 8:00 p.m.
Fall for the Book
***Where:* JOHNSON CENTER**
Room C
703-993-3986
George Mason University
Fairfax, VA

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Poll Center

DO YOU THINK RACE IS A FACTOR IN THE OPPOSITION TO PRESIDENT OBAMA?

YESTERDAY'S RESULTS AS OF 5 P.M.

NO	50%
YES	50%

"Is race the sole factor? Clearly not. However, it's ludicrous to assert race plays no role whatsoever in opposition to President Obama. To claim otherwise is to be willfully ignorant of reality."

COMMENTER DIOGENES

"Calling opposition to Obama 'racist' cheapens the issues and the president himself. He should be held to the highest standard regardless of the color of his skin. And that means a fervent opposition to keep him on his toes."

COMMENTER KS

"Wait, Obama's black? I thought he was white? Or is he equal parts both? I'm confused."

COMMENTER REALLY?

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Blog LOG

"WHICH IS THE LARGER news: another example of ACORN's corruption or the NON-coverage of the story by the mainstream media?"

THISISRICH.BLOGSPOT.COM FEELS NOT ENOUGH ATTENTION IS BEING PAID TO HIDDEN CAMERA VIDEOS SHOWING EMPLOYEES OF THE COMMUNITY ORGANIZATION GROUP TEACHING PEOPLE POSING AS A PIMP AND PROSTITUTE HOW TO LIE TO GET A MORTGAGE.

CHRISTOPHER POLK/GETTY IMAGES

"THE NEXT TIME you're out there driving drunk, think about this: police armed with syringes. If this doesn't appeal to you, perhaps drunk driving is not for you."

HASTALOSGATOSQUIERENZAPATOS.BLOGSPOT.COM REACTS TO NEWS THAT OFFICERS IN IDAHO AND TEXAS ARE TRAINED TO DRAW BLOOD FOR ALCOHOL TESTING DURING TRAFFIC STOPS.

"After Beyonce won the MTV VMA for Best Video, she confirmed what we already knew: She's a class act. Well done."

LOVEBSCOTT.COM APPLAUDS THE SINGER FOR REACHING OUT TO 19-YEAR-OLD TAYLOR SWIFT, WHO WON BEST FEMALE VIDEO, AFTER KANYE WEST INTERRUPTED HER ACCEPTANCE SPEECH TO SAY BEYONCE SHOULD HAVE WON.

"Man, you know it's getting bad when even this evil jerk is accusing you of breaking campaign promises."

RIEHLWORLDVIEW.COM FIGURES OPPOSITION TO PRESIDENT OBAMA IS AT A JUSTIFIABLE HIGH IN THE U.S., IF EVEN TERRORIST OSAMA BIN LADEN FEELS THE NEED TO REMIND OBAMA OF HIS PLEDGE TO REMOVE TROOPS FROM IRAQ.

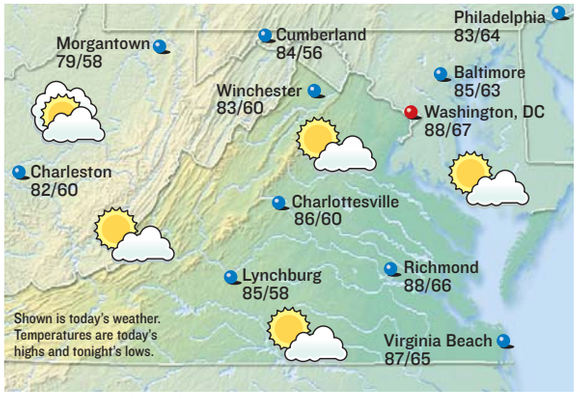
"ONE CAN BLAME Metro for many things, but when someone throws themselves in front of a train — as apparently happened Monday — Metro, [and] particularly the operator, is a victim."

UNSUCKDCMETRO.BLOGSPOT.COM CAN'T IMAGINE WHAT IT MUST BE LIKE FOR A TRAIN OPERATOR TO WITNESS A SUICIDE FIRSTHAND WHILE WORKING.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Sunny	Mostly cloudy	Rain	Cloudy, rain	Partly sunny	Showers possible
88°	67°	77° / 64°	74° / 67°	74° / 68°	78° / 64°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	83°
Low	63°
Normal high	80°
Normal low	63°
Average humidity	56%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.35"
Normal month to date	1.77"
Year to date	28.01"
Last year to date	37.66"
Normal year to date	28.03"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

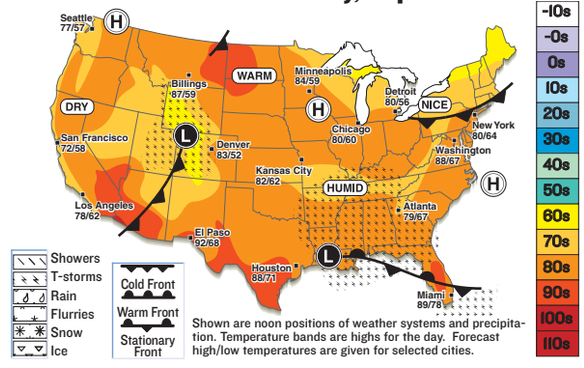
D.C. Metro: Today, mostly sunny. High 88. Wind west-southwest 4-8 mph. Tonight, mostly cloudy. Low 67. Wind east 4-8 mph. Wednesday, rain. High 77.

Sun and Moon

Sunrise today	6:50 a.m.
Sunset tonight	7:16 p.m.
Moonrise today	2:56 a.m.
Moonset today	5:21 p.m.

New	First	Full	Last
Sept 18	Sept 26	Oct 4	Oct 11

National Weather for Tuesday, September 15



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	79/67/t	81/69/t
Boston	74/56/s	60/51/pc
Chicago	80/60/pc	75/54/s
Dallas	84/66/c	81/64/pc
Denver	83/52/pc	79/50/t
Honolulu	89/75/s	89/75/s
Los Angeles	78/62/pc	82/64/pc
Miami	89/78/pc	91/78/t
New York City	80/64/s	68/58/r
Orlando	90/74/pc	90/75/t
Seattle	77/57/pc	74/56/pc

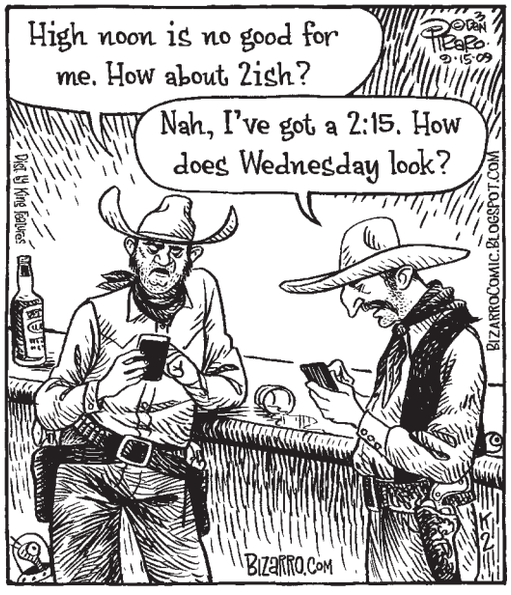
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	63/52/c	66/54/pc
Athens	82/68/s	81/68/pc
Berlin	63/52/sh	68/54/s
Buenos Aires	73/55/s	70/52/pc
Calgary	80/46/s	82/48/pc
Dublin	61/46/pc	59/45/pc
Geneva	62/51/c	62/56/sh
Moscow	68/46/sh	70/48/pc
Rome	75/63/t	77/64/t
Sydney	75/55/pc	77/53/s
Tokyo	77/66/pc	79/64/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

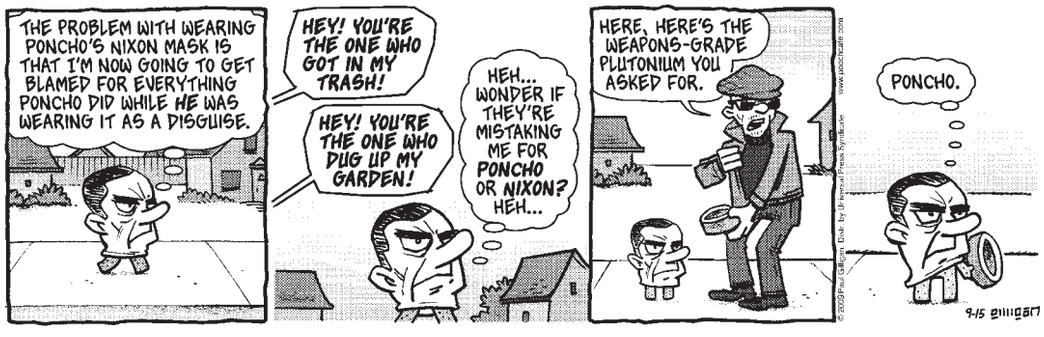
comics lookout

Bizarro | *Dan Piraro*

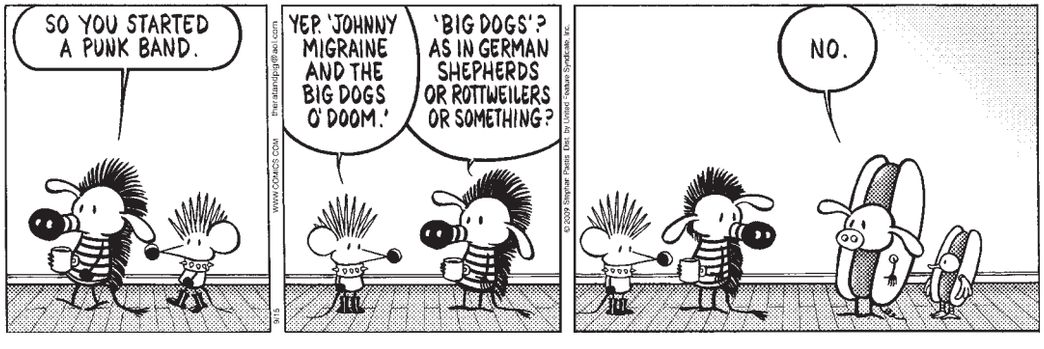


Cornered | *Mike Baldwin*

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) Those who are not direct and honest with you must be spotted and, if possible, avoided. They can derail even your most solid plans.

LIBRA (Sept. 23-Oct. 22) This is a good time for you to interact more freely with those who have sought out your company. Young people find you amusing and inspiring.

SCORPIO (Oct. 23-Nov. 21) Someone who wants something from you may not know how to express his or her desire. You know what's going on and can oblige.

SAGITTARIUS (Nov. 22-Dec. 21) Your schedule is quite busy, but you can still take time out to enjoy some rest and relaxation with a loved one.

CAPRICORN (Dec. 22-Jan. 19) Now is no time for complaining. Focus on what you've really done lately, and you'll realize that things are going according to plan.

AQUARIUS (Jan. 20-Feb. 18) Avoid being overly critical of those who are not deserving of such scorn. You may be feeling insecure; don't take it out on others.

PISCES (Feb. 19-March 20) You have a choice to make: serve yourself, or serve others. You'll soon discover that in serving others you do serve yourself.

ARIES (March 21-April 19) You can enjoy a little more personal freedom. There are still rules to obey, but you can also let your own style dictate behavior.

TAURUS (April 20-May 20) Something you've only recently learned is likely to come in handy before the day is out. You'll be surprised at how capable you really are.

GEMINI (May 21-June 20) You're going to have to say and do things more than once if you want everyone to pay attention. You have distractions to overcome.

CANCER (June 21-July 22) You'll receive information that changes how you look at your own plans. You may want to make some last-minute changes.

LEO (July 23-Aug. 22) Your heart and mind are going to be battling for control of a certain volatile situation. Do your best to strike a necessary balance.

Today in History

1935 The Nuremberg Laws deprive German Jews of their citizenship.

1959 Nikita Khrushchev becomes the first Soviet head of state to visit the United States as he arrives at Andrews Air Force Base outside Washington, where he is greeted by President Dwight D. Eisenhower. The two leaders then meet at the White House; a joint communique afterward described the talks as "friendly and frank."

1963 Four black girls are killed when a bomb goes off during Sunday services at the 16th Street Baptist Church in Birmingham, Ala. (Three Ku Klux Klansmen were eventually convicted for their roles in the blast.)

2004 NHL owners agree to lock out the players.

2008 On Wall Street, the Dow Jones industrial average falls 504.48, or 4.42 percent, to 10,917.51 while oil closes below $100 a barrel for the first time in six months amid upheaval in the financial industry. Lehman Brothers Holdings Inc. files for bankruptcy protection and Merrill Lynch & Co. is sold to Bank of America.

AP

The aftermath of the 16th Street Baptist Church bombing on Sept. 15, 1963 .

PostPoints DAILY CODE DU

lookout people

GEORGE BURNS/HARPO PRODUCTIONS/AP

INTERVIEWS

Meeting of the Minds

In the first half of her two-part "Oprah" interview, **WHITNEY HOUSTON** revealed that former husband Bobby Brown hit her and spat on her, and that her mom staged an intervention. "He was my drug," Houston said of Brown. "I didn't do anything without him." At one point, her mother, Cissy, showed up with sheriff's deputies to convince her daughter to go to rehab. "'I'm not losing you to the world. I'm not losing you to Satan. ... I want my daughter back,'" Houston recalled her saying. (EXPRESS)

VIRUSES

TV Host Might Have Swine Flu

Smith has symptoms that match those of swine flu.

"Early Show" host **HARRY SMITH** took a sick day from work Monday, telling viewers he thinks he has swine flu. In an interview live from his New York City apartment Monday, Smith told CBS viewers he started feeling achy and feverish over the weekend after a 25-mile bike ride in the rain and dancing all night at a birthday party. "Early Show" medical correspondent Dr. Jennifer Ashton says Smith could be right because his symptoms are associated with swine flu. She praised him for staying home and out of circulation. She predicted Smith will be back at work in a couple days. (AP)

ACCEPTANCE

Host Retroactively Grants Permission to Upstage Him

Brand

West

RUSSELL BRAND, who hosted Sunday's Video Music Awards, sympathizes with **KANYE WEST**, who interrupted Taylor Swift's acceptance speech to comment that Beyonce should have won instead. Why? "Because, in the past, I've made mistakes and done things a little bit daft," Brand told Ryan Seacrest Monday morning. "I know Kanye, and I know he's a nice bloke." He added, "We're all people. These things are a bit silly; no one died." (EXPRESS)

CAREERS

Nothing Says 'I'm Retired' Like a Golf Channel Show

RAY ROMANO is going to the golf doctor. The Golf Channel says that the "Everybody Loves Raymond" star will be the focus of its new reality series "The Haney Project." The series follows Tiger Woods' swing coach, Hank Haney, as he tries to improve the game of a celebrity. The Romano project is expected to air next March. (AP)

RICHARD DREW/AP

Ray Romano is Golf Channel-bound.

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.

MANNERS

Ladies of 'The View' Show Their Customary Delicacy

KATE GOSSELIN told the women of "The View" that she had a "meltdown" this weekend in the privacy of her home. As a guest host, Gosselin submitted to questions such as "Do they pay you enough?" ("Is anybody paid enough?" she shot back) and "How do you handle [Jon] bringing that girl around your children?" (EXPRESS)

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puzzles lookout

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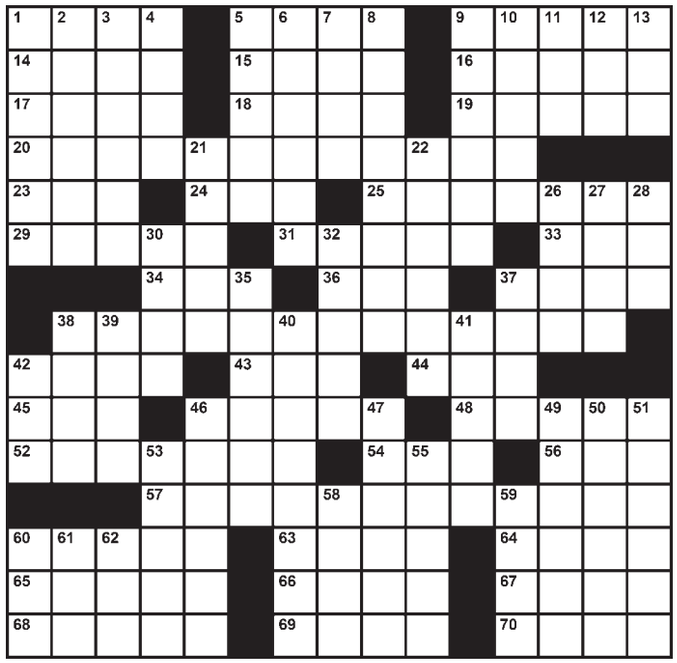
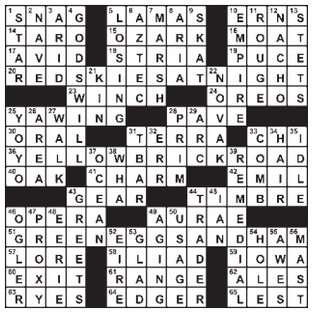
EDITED BY TIMOTHY E. PARKER



ACROSS
1 Aberdeen fellow
5 The red planet
9 Grain husks
14 Hip bones
15 Where David slew Goliath
16 Even bigger
17 Boldness to a fault
18 French gal pal
19 It features a twist
20 Jukeboxes of old
23 Time piece?
24 Novelist Rand
25 Cooked up schemes
29 Basic belief
31 Towels off
33 "One Touch of Venus" star Gardner
34 Pastoral setting
36 Long-eared animal
37 Flattered most sincerely
38 Short-distance racers
42 TV sleuth Peter
43 Mao ___-tung
44 Book before Esth. in the Bible
45 Disaster relief, e.g.
46 Iraqi port
48 Pinocchio's problem
52 Type of singer?
54 Baseball stat.
56 Peeples of "Fame"
57 Amusement spots of old
60 Like Keebler workers
63 Desi's homeland
64 Watch word?
65 Obligated
66 Give off, as radiation
67 Arched molding
68 They make you yawn
69 Baglike structures
70 Lion's share

DOWN
1 Seal engraved on a ring
2 Bloom of the stage
3 "The Wizard of Oz" prop
4 Disrupt a player on the tee, maybe
5 Dry and crumbly
6 Candy bar nut
7 Go commando?
8 Like some grins
9 Jeans alternatives
10 "Back Street" writer Fannie
11 Fourth word in the "Star Wars" intro
12 Wet lowland
13 Go beyond tanning
21 Opposite of "faster"
22 Store-owning family on "Little House on the Prairie"
26 Athletic trainer's supply
27 Holiday kickoffs
28 Father's Day gift recipient
30 Flamboyant style
32 Harder to hunt down
35 Reach
37 Like an unswept hearth
38 Pack it in
39 Bring to ruin
40 Perfumes
41 Natural history museum piece
42 You can cook with it
46 Combines
47 Like our numerals
49 Blue dye
50 Your sister's daughters
51 O-ring, e.g.
53 Speak one's mind
55 Out-of-control kids
58 Arizona city
59 Small matter?
60 Outward tidal flow
61 Elton's john?
62 Politically incorrect clothing material

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

					6	3		
	7		2		8	9	5	
2	8		9					
1	4					6	7	
	3	8					1	9
					9		4	3
	2	6	1		3		9	
		7	4					

Yesterday's Solution

7	3	8	5	6	2	9	1	4
6	5	4	9	7	1	3	2	8
9	2	1	8	3	4	7	6	5
8	7	9	6	4	3	1	5	2
1	4	5	7	2	8	6	3	9
3	6	2	1	5	9	4	8	7
4	9	3	2	1	5	8	7	6
2	8	7	3	9	6	5	4	1
5	1	6	4	8	7	2	9	3

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

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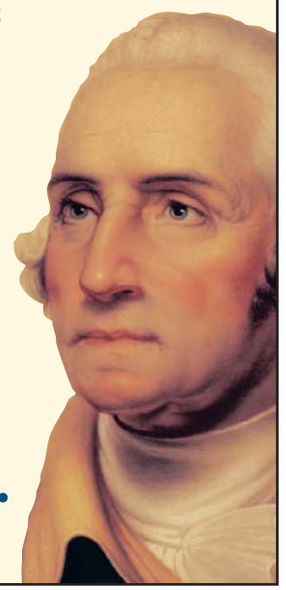

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Larry King, CNN

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"A NIGHT OF UNBRIDLED STAGECRAFT."

The Washington Post

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